



GOOD MORNING

WEATHER



Today:
Mostly
sunny,
growing
partly
cloudy in
the afternoon. High 97, low
64.

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MAGIC VALLEY



More than gold: This miner
says nothing can get him off
his mountain.

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SPORTS

Lights out: After a bizarre
and ugly end to Saturday's
play, the Idaho Falls Reds
ended Twin Falls' AA
American Legion season.

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Southern stars: Don Sutton
and Larry Doby were
enshrined into the Hall of
Fame Sunday.

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Farewell, JJK: Jackie
Joyner-Kersey said goodbye
to the track this weekend.

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HEALTH & FASHION



Cheers:
Think
you're
drinking
enough
water in
hot weather?
Think
again.

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OPINION

Silent type: A guest editorial
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Kempthorne for ducking
debates.

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Counting: Congress will
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BRUCE BIRDA/Photo News

TF may juggle fees

Sewer rates could be bumped for single-family homes

By William Brock
Times-News writer

TWIN FALLS — City sewer rates haven't risen since 1989, but that could change as the City Council hunts for ways to fund \$6.4 million in sewage treatment plant improvements next year.

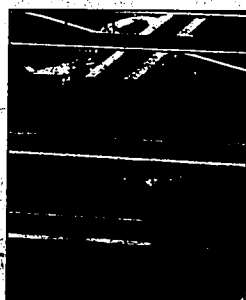
A plan to hike sewer rates has been written and the City Council will hold a public hearing at 6 p.m. today in City Hall.

Generally speaking, monthly bills would rise a little for single-family homes — from an average of \$7.30 into the \$8-\$9.61 range. Meanwhile, the bills for apartment buildings, mobile home parks and duplexes would fall.

Rates for commercial customers would decline a little, but institutional and industrial users would pay more.

Everyone ought to pay equally on a unit-cost basis to have their wastewater treated," City Manager Tom Courtney said.

"We have not reviewed our rates in 10 years," Courtney continued, "and in the interim, the waste contribution from various classes of users have changed. There are some classes of users that have had enough of a change, as a class, that our old



After decades of continuous use, parts of the
tower are rusted completely through.

waste structure was no longer reflective of the cost of treating their wastewater."

In addition to raising rates, the city plans to start charging a hook-up fee for new users. If adopted, the fees would be:

- \$210 for a single-family home.
- \$168 for each apartment or each unit of a duplex.
- \$125 for every mobile home in a new mobile home park.
- \$424 for a retail store, office building, gas station or hotel that doesn't serve food.

Commercial and industrial users also would pay a hook-up fee, but the amount would be calculated on the total yearly flow.

The plan to raise sewer rates is grounded in a need to raise millions of dollars for new equipment at the sewage treatment plant.

The plant is operating at or above its rated capacity, and a consultant says it needs a three-phase improvement program. The first phase is urgently needed next year, said Tom Krumsik of the CHEZM-Hill engineering firm.

For the first time in its history, the city will have to fund sewer-plant improvements by itself, because no federal money is available.

The sewer plant is hit by a crescendo in 1996, when tougher ammonia-discharge regulations from the U.S. Environmental Protection Agency wiped away a third of the plant's reserve capacity with a stroke of a pen.

"Right now, we're riding a fine line," said John Keady, who manages the sewage treatment plant for the city. "We're able to meet the ammonia requirements, but we can't take any major pieces of equipment off-line at all."

To add extra capacity, city officials are hoping to install a new aeration basin — which removes ammonia — and a new secondary clarifier to settle sludge. Better sludge-thickening equipment also is needed, as well as new pumps and blowers.

Times-News staff writer William Brock can be reached at 733-0931, Ext. 264.

Clinton lawyers negotiate

Decision on testimony
could come this week

The Associated Press

WASHINGTON — Facing a critical week in the Monica Lewinsky investigation, the White House said Sunday that President Clinton's lawyers are working with prosecutor Kenneth Starr to avert Clinton's direct testimony to a grand jury.

In a word of warning, the chairman of the Senate Judiciary Committee said outright refusal by Clinton to cooperate might be reason enough for Congress to open impeachment proceedings.

Clinton aides would not confirm Sunday that the president has been called to testify. "I am not going to be able to comment," said White House counsel Charles F.C. Ruff.

But an official close to Clinton said the subpoena was served last week on the president's attorney, David Kendall, and that it requires the president to appear at the grand jury as early as Tuesday.

Kendall was traveling Sunday and was not available for comment. Senate Judiciary Chairman Orrin Hatch, R-Utah, told CBS' "Face the Nation" that Clinton has little choice but to cooperate.

"The fact that he would ignore and violate a subpoena would certainly be grounds to file articles of impeachment," Hatch said. White House spokesman Jim Kennedy declined to respond to Hatch's warning.

Sen. Arlen Specter, R-Pa., a member of Hatch's committee, told CNN's "Late Edition" that he doubts a standoff over the subpoena would lead to impeachment proceedings.

"I reread the Constitution. I do not believe that ignoring a subpoena would be grounds for impeachment," Specter said. He said the time had come for Starr to share information he had gathered with Congress.

Starr's subpoena is believed to be the first ever seeking to bring a sitting president before a federal grand jury. The subpoena — and the battle of wills between Clinton and Starr that it symbolizes — carries with it enormous ramifications on constitutional rights and the balance of power.

Starr's office says it is within Starr's authority to issue the subpoena, Clinton's first in the protracted Whitewater investigation. Some Clinton defenders say only

Please see CLINTON, Page A2

Ticket sellers brace for record Powerball jackpot

The Associated Press

DES MOINES, Iowa — Lottery retailers called in extra workers and set up additional machines Sunday to prepare for the hysteria expected to accompany a record \$250 million Powerball jackpot.

"Every customer who comes in, whether they're asking for Powerball or not, we're asking them about Powerball, basically trying to alleviate Wednesday's rush as much as possible," said Jane LaBlanc, manager of U.S. Gas in Salem, N.H. "Maybe if we ask them now, it won't be so bad. That's probably wishful thinking."

Only one lottery game has claimed a bigger purse. Last year's Christmas lottery drawing in Spain — named "El Gordo," or "the Fat One" — had a \$270 million purse, but the grand prize was only \$2 million.

Wednesday's estimate is the largest jackpot available to one player, breaking the record set in May — a \$195 million Powerball jackpot won by a couple from Illinois on a ticket bought in Wisconsin.

Mark Holub, 44, of Des Moines, bought a Powerball ticket Sunday at a Dahl's Food store in Des Moines.

*It's almost too big. You can deal
with \$100 million, but \$250
million, all of a sudden
responsibility goes with it.*

— Mark Holub,
ticket buyer

He said he does not regularly play Powerball, but glanced up on his way out of the store and saw a sign advertising Wednesday's huge jackpot.

"It's almost too big. You can deal with \$100 million, but \$250 million, all of a sudden responsibility goes with it. This one would change somebody's life big time," he said.

Crowds of customers from Powerball states like Illinois pack into border grocery stores and gas stations to try and beat Powerball's 60 million-to-1 odds. Peggy Downing, manager of Bridgmont convenience store in Bettendorf, was actually looking forward to a rush of hopeful customers from Illinois and Iowa who would soon be "wall-to-wall" in the store.



Montana fights perceptions Fatal Capitol Hill shootings hurts state's image

The Associated Press

HELENA, Mont. — The troubled mind of Russell Eugene Weston Jr. once again has branded Montana the land of looks and crazies, the refuge of the Freemans, the Unabomber, the militias, the Kheoes and who knows who else.

Weston lies in serious condition in a Washington hospital after a gunbattle with Capitol police Friday that left two officers dead and a tourist wounded. He is charged with murder.

The story quickly spread 2,000 miles to Montana when it was learned that Weston had a cabin in Rimini, an old mining community in the mountains west of Helena.

Montanans are cringing at their latest brush with notoriety, and officials are defending their home state.

"My reaction was, 'Oh, no! Not again!'" Angie Made, owner of Mont's Cafe in Lincoln and a veteran of the Unabomber frenzy in 1996, said Sunday. "I felt so bad for those people (at Rimini). I just wanted to tell them to hold their breath, hang on, that it would all be over soon."

Gov. Marc Racicot called Montana "a place of mythical proportions, and the people of America are aware of the kind and decent people who live here. That's why 10 times as many people as live here visit here, and some of them choose to stay."

Those who have stayed include Ted Kaczynski, the reclusive who lived for years in a remote cabin outside Lincoln until the FBI arrested him in 1996 as the Unabomber, the man who sent mail bombs that killed at least three people during his reign of terror.

Kaczynski's arrest was just a week after the neo-government extremists who called themselves Freemans catapulted the state into the public eye with the start of an armed standoff against the FBI in western Montana.

The anti-government attitude held by



Law enforcement officials walk through the property of murder suspect Russell E. Weston Jr. in Rimini, Mont., Saturday.

Gun laws useless — A3

some in the state was already well established nationwide by the Mills of Montana, based in they Noxon in the northwestern part of the state.

Please see MONTANA, Page A2



Capitol Hill police officers and U.S. Capitol police officers stand over the bodies of two people who were killed in a shooting on Sunday in the U.S. Capitol building. Two officers were killed and a tourist wounded during a brief shooting spree in the building Friday.

Both sides agree

No law would have stopped Capitol Hill shootings

WASHINGTON (AP) — A federal law made it illegal for Russell E. Weston Jr. to possess a gun. But once he took one from a relative, activists on both sides of the gun control fight agree that no law could have stopped his shooting rampage.

Investigators say Weston shoved past a metal detector, shot a police officer, then pressed on into the Capitol. By the time he was wounded and captured Friday, moments later, another Capitol police officer was fatally shot and a young woman tourist was wounded.

"I don't know that there's going to be much hue and cry for more gun control, because it does not appear to be the kind of situation where more gun laws would make a difference," said Bob Walker, president of Handgun Control Inc.

National Rifle Association spokesman Bill Powers pointed out the gunman broke several existing gun laws.

It is illegal for civilians to bring firearms into the District of Columbia, and it is illegal for them to bring guns onto the Capitol grounds. And it is, of

course, illegal to shoot people. "How much more illegal can something be? Laws did not help here," Powers said.

Weston was once committed to a mental institution and thus cannot legally have a firearm. But he apparently took the gun from a relative who did not report it to police.

Current handgun control laws focus on weapon sales. There is solid opposition from the gun lobby and little stomach among opponents for laws that would seize handguns already in circulation.

Capitol shooting revives visitor center idea

WASHINGTON (AP) — The Capitol shootings have given new life to an old idea of creating a visitor center that would add another layer of security to the vulnerable building.

The thousands of people who visit the Capitol every day for a first-hand look at their government would be screened first at the center.

Building a visitors center is "the one major thing we can do to protect the Capitol from a repeat of Friday's assault," said Eleanor Holmes Norton, the city's delegate to Congress and long a proponent of the idea.

"The further you get it (security checks) from the Capitol the better your chance of it at least detecting tourists, staff, visitors, members," she said Sunday on ABC's "This Week" with Sam Donaldson and Cokie Roberts.

Back in 1991, Republican opposition to the cost, then estimated at \$71 million, killed legislation to build a three-level, 446,000-square-foot tourist center underground on the east side of the Capitol.

But since the attack by a lone gunman claimed the lives of two police officers, Republicans have warmed to the idea.

Senate Majority Leader Trent Lott, R-Miss., on Saturday said the center would help move security away from the building. He said \$25 million in private money has already been committed to the project, which is now estimated to cost as much as \$125 million. "We hope in the next year or so to get it under way."

The Capitol itself and the adjacent congressional office buildings are without question the most accessible of the major government buildings in Washington.

All visitors must go through metal detectors, but once inside people can wander unguided through many parts of the Capitol. There are virtually no restrictions on visiting the offices of lawmakers or attending congressional hearings in the outlying office buildings.

Capitol Hill Police Chief Gary Abrecht, on CNN's "Late Edition," said police absolutely support the visitors center "because it does indeed move the screening of at least our visitors further away from the members."

House will debate census this week

WASHINGTON — Call it the other year 2000 problem.

The White House and congressional Republicans have been fighting for years over the seemingly innocuous issue of whether census-takers will be allowed to use statistical sampling, a sort of "super poll" that uses information from a small subgroup of people to make projections about the population as a whole, in the 2000 census.

The long-running dispute is expected to come to a head this week as the House debates legislation that would place a six-month limit on funding for the census.

Clinton administration officials say the House bill would cripple their preparation efforts and threaten the accuracy of the next census — an outcome that could have serious social and economic repercussions across the nation.

"There is \$180 billion in federal funding to state and local governments that is based at least in part on census data, and an inaccurate census would mean that to some degree the funding is being used inaccurately," said Robert Shapiro, the Commerce Department official who oversees the Census Bureau.

Shapiro added that the bill would force delays in vital preparatory work, such as finalizing printing contracts and conducting a massive address file.

Against the backdrop of a possible presidential veto, congressional supporters and opponents of sampling continue to trade blows over the issue, with each side accusing the other of putting the once-in-a-decade census at risk.

"This legislation would jeopardize the entire 2000 census, threatening eight years of hard work by census and statistical professionals," said Rep. Carolyn Maloney, D-N.Y., a strong supporter of the use of sampling.

Republicans counter that sampling is an unproven science that is far too unreliable to be used in something as important as the census.

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Clinton courts generous party donors at mountain resort

ASPEN, Colo. (AP) — With 100 days or so to go before the fall elections and a chance for Democrats to win back congressional seats, President Clinton met in a posh mountain retreat with some of the party's most generous donors to raise \$1 million.

"The stakes could hardly be larger," he told donors at the Democratic National Committee's summer weekend retreat.

Democrats hope to pick up in

November's elections the 11 seats they need for a majority.

To accomplish that, the Democrats need money, and lots of it. Television advertisements, the most powerful campaign tool for candidates, cost tens of millions of dollars. In the 1996 election, the GOP — always better-financed than the Democrats — dumped millions into ads in the last 10 days of the race, outspending Democratic candidates by 45-to-one.

Hospital upgrades shooting suspect's status to serious

WASHINGTON (AP) — Doctors say the man charged with killing two Capitol police officers is doing better, upgrading his medical condition from critical to serious.

"His cardiac status has improved," D.C. General Hospital spokeswoman Donna Louis Johnson said Sunday, a day after Russell E. Weston Jr., 41, of Ruminant, Mass., was charged with murdering the two officers inside the U.S. Capitol.

Weston was injured during an



Russell Weston was charged from the hospital Saturday.

exchange of gunfire in the Capitol Friday afternoon.

Tourist Angela Dickerson, 24, a resident of Washington's Virginia suburbs, also suffered gunshot wounds, but was healthy enough to be discharged from the hospital Saturday.

Weston earlier had been investigated by the Secret Service after acquaintances reported hearing him make threats toward the government and President Clinton, but the agency determined he was not imminently dangerous.

Investigators do not yet know why a man would enter the Capitol, draw a Smith and Wesson 38-caliber revolver and open fire.

Additional charges against Weston are pending.

Police catch suspect in newspaper shooting

SAULT STE. MARIE, Mich. (AP) — A man suspected of killing a newspaper executive with a shotgun was critically wounded Sunday in a shootout with police, the sheriff's department said.

Nathan Hanna, who had been missing since the Thursday morning shooting in the offices of The Evening News, was caught around noon just outside the city, police said.

State police and Chippewa County deputies were sent to the

area after a resident reported seeing Hanna walk out of the woods carrying a shotgun, county spokesman Michael Hauxwell said.

Officers repeatedly ordered Hanna to drop his weapon. Hauxwell said, Hanna then fired once at the officers, who returned fire and hit Hanna in the abdomen, chest and leg. He was in stable but guarded condition at War Memorial Hospital in Sault Ste. Marie, a hospital supervisor said.

Police, guards, taxi drivers most likely to face violence

WASHINGTON (AP) — Policemen, security guards and taxicab drivers were by far the most likely workers to be attacked or threatened with violence on the job in the mid 1990s, the Justice Department reported Sunday.

While workplace violence touched about 1.7 million Americans in 1996, the most recent year studied, the number of such victims dropped by more than one-fifth over the preceding years, mirroring an overall decline in crime in America.

Three of every five assaults was a stranger to the victim, and intimate relatives and friends were far less involved in workplace violence than in overall attacks.

"About 37 percent of the victims of workplace violence said they knew their offenders," said Jan Cheloni, director of the Bureau of Justice Statistics. "But very few — only about 1 percent — were victimized by a current or former spouse, boyfriend or girlfriend, in contrast to other violent incidents."

Nationwide, 21 percent of all violence against women and 2 percent of violence against men is committed by intimates, she said.

The bureau found that work-

place violence declined more than 21 percent from a 1994 peak of about 2.2 million victims to about 1.7 million in 1996. That was even larger than the nationwide 17 percent decline in violent crimes during that period, from 11 million to 9.1 million.


Using victim interviews, the bureau studied workplace violence in 1992 through 1996. The yearly average during that period was 2 million incidents, mostly in the category of simple assaults, which lumps together both unarmed attacks and threats of violence.

Workplace homicides averaged 1,023 a year; rapes, 50,500 annually; robberies, 83,700; and aggravated assaults, 395,500.

There were two male victims for each female attacked. About 12 percent of those assaulted were injured, and half of those were treated by doctors or nurses.

Police officers faced the greatest risk; 306 out of every 1,000 officers were attacked or threatened during the study period. Private security guards came in second: 218 of every 1,000 guards were victimized.

Taxi drivers were third: 184 of every 1,000 cabdrivers were attacked or threatened with violence.



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Shhhhhhhhh!

Guy's and electric guitars go together

I got a call from a guy I know named Carl. It was a cry for help. Carl is a successful man in his 40s, but sometimes even successful people, when they are in need, have to reach out to their friends, and I am proud to consider Carl a friend, even though for my 50th birthday he gave me some kind of reptile egg, which thank God never hatched.

It took some effort for Carl to overcome his masculine pride and tell me what was on his mind. It was something that I believe is on the mind of a lot of guys, although the author always admits it.

"I think I want to buy an electric guitar," he said.

At some point or another, almost every guy wants an electric guitar. It would not surprise me to learn that, late at night, in the Vatican, the pope picks one up and plays "Hang On, Sloopy." Electric guitars exert a strong appeal for guys, because they combine two critical elements:

1. A guitar.
2. Electricity.



HUMOR
Dave Barry

Taken separately, these elements have little intrinsic value. But combined, they have an almost magical effect: They enable a mediocre guitar player, or even a bad guitar player, to play very loudly.

I got seriously into electric guitars in the '60s when, as a college student, I helped start a band called "The Guides," which later became "The Federal Duck," which later became "A Bunch of Guys Who Got Older and Developed Prostate Concerns." We were a "psychedelic" band, which means that we sounded a lot better if you were on drugs, not that I am for one second suggesting that anybody was.

As a member of that band, my artistic dream was essentially the same dream that inspired legendary musicians such as Bach, Beethoven, Mozart and The Dave Clark Five: The dream of getting a bigger amplifier. This was important because of the musical dynamics of a rock band, which are very similar to the political dynamics of the Asian subcontinent. Let's say that India is the drummer, and Pakistan is the lead guitar player. There is always tension between these two instruments, because they both want to be the loudest. Let's say that, in this band, they start out roughly equal, but then, one day, India goes out and gets large drums. Pakistan is naturally threatened and responds by buying a more powerful amplifier. Then India, seeking to regain superiority, buys even larger drums. And maybe a few more. At this point the bass player (China) feels it is his choice to escalate, and pretty soon the band is so loud that merely by tuning up it can kill whales swimming thousands of miles away. It was a difficult effort to avoid this kind of tragedy; the Federal Duck almost never tuned up.

My point is that I have a strong musical background, which is why Carl called on me in his hour of need. We met at a warehouse-sized musical superstore containing hundreds of electric guitars, not to mention amplifiers of the size of public housing. If you live near one of these stores, you'd better hope they never set a time when all the amplifiers get cranked up simultaneously, because the resulting crater would measure several miles across.

Carl and I spent a while looking at guitars, with me offering knowledgeable insights such as "Here's a guitar," and "Here's another guitar over here." Then a salesman helped us out, explaining various technical aspects of guitars such as wood types, body style, pickups, tuning pegs, frets, necks, etc. Carl listened carefully, then, after considering all the factors, made his decision.

"I want a red one," he said.

So he got a guitar. It came as part of a complete rock-star set in a cardboard box, which also included a strap, picks and an amplifier. I was concerned about the amplifier, because it was small and probably not powerful enough to cause permanent ear damage. But we agreed that Carl could get a bigger one if he ever learns how to actually play.

I called Carl a week later to see how he was doing. He told me he'd run into a problem. "I opened the box," he said, "and the guitar was blue."

Despite this setback, he was plugging away. He's learning how to play chords from a videotape instructs Carl's about 18 years old, says Carl. "He has seen." Once he's done with the tape, he'll be able to play "House of the Rising Sun." Then he can start a band and play at weddings ("As the band and guests exit the house, we'd like to play 'House of the Rising Sun'") as well as bar mitzvahs ("As you all dance the

Please see BARRY, Page A5



Think you're drinking enough water?

THINK AGAIN!

By Steve Crump
Times-News writer

BURLEY — As befits a physician, Wayne Blauer tries to avoid working up a sweat in the midday heat.

But since he's also a distance runner, the temptation is sometimes overwhelming.

"I do triathlons, so I try to get my workouts in before it gets hot," said Blauer. "But I also do marathons in places like St. George (Utah), so sometimes it's hard to avoid."

Blauer makes up the difference by guzzling extra fluids by the quart.

"I'll even leave fruit and sports drinks at certain spots along my workout route," Blauer said. "That way, when you get to a certain point, you know it's time to drink."

Summer is the high season for tall thirsts, and prime time to point out that most Americans are a quart or two low, according to a growing body of medical research.

"When you don't have enough water in your body, your cells start to draw water from the bloodstream," says Dr. Andrew Weil, the godfather of alternative medicine. "Your blood gets sticky, your heart has to work harder, and your body starts to redirect blood from less vital areas. Dehydration can set in before you start to feel thirsty."

Conventional medical wisdom is that an adult needs six to eight cups of liquid — beer and caffeinated beverages don't count — every day, but many physicians and medical researchers insist that's woefully inadequate.

The National Kidney Foundation says it should be more like 8-10 glasses a day, and some experts recommend half again as much.

"I'm not sure you need to force that much down, but do try to drink as much as you can, and more than you think you need," Weil writes in his on-line medical advice column. "Just walking around for an hour on a warm day may increase

Please see WATER, Page A5

Drinking

■ **Metalum** requirement is six to eight glasses of good quality water a day.

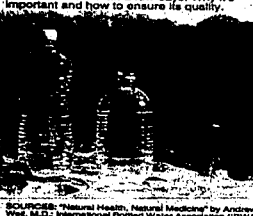
■ **Needed** for carrying nutrients throughout the body, lubricating joints, regulating temperature and ridding the body of wastes.

■ **Beware** of substituting caffeinated drinks (tea, coffee, cola) for water; they dehydrate the body. Use herbal teas, juices and water with lemon.

■ **Safety** Toxic chemicals make tap water's safety a concern. ■ **If you use a home filtration system**, test water to see which chemicals should be removed. ■ **If you drink bottled water**, call ISWA (800-928-3711) for list of bottlers who meet federal guidelines.

Nature's tonic

Water is so essential that without it we would live for no more than a few days. Why it's important and how to ensure its quality.



SOURCE: "Natural Health, Natural Medicine" by Andrew Weil, M.D.; International Bottled Water Association (IBWA); Health magazine, RPT, Photo: research by PAT CAHILL

Washing

■ **Cleansing** face twice a day with warm water and an appropriate cleanser will keep complexion clear.

■ **Bathing** Morning showers give an efficient, invigorating cleaning. Baths relax sore muscles, soothe the spirit.

■ **Moisturizers** Skin needs water to stay supple. Soft, Moisturizers provide a protective coating that seals in water skin already has. Apply on damp skin.

■ **For more information** Check your local library. Next week: insomnia.

KUFT Intographics

LOOKING GOOD — No sweat. What to wear to a summer wedding

The Dallas Morning

Bad bridesmaid dresses may inspire the jokes, but a guest who wears the wrong thing to a wedding is committing a far larger fashion faux pas. Rules have relaxed, but the absence of hard and fast guidelines on what's appropriate for a wedding can make even the most stylish guest feel lost. Where's Miss Manners when you need her?

Luckily the silk floral dresses and feminine clothes that are abundant this season are looks that can always be relied on. Trendier women can opt for lower-priced copies of Stella McCartney's Chloe or the romantic English line Voyage. The basic pastel suit is a good choice this year, too. And those who want to make a grand statement at a garden wedding can always add a flower-bedecked hat.

Still uncertain? Here are answers to some of the common questions about wedding fashion:

Q. Can I wear black or white to a wedding?

A. Although the rules on black — a favorite among fashion followers — have relaxed considerably in recent years, the color still has connotations of mourning, according to traditional wedding planners. "It's not really OK to wear black because it's usually for funerals. Most people would rather someone wear dark gray or blue instead," says Adam Butler, president of Wedding RSVP, a Virginia logistics management service for brides (phone 1-888-937-7787 toll-free, or visit www.weddingsrsvp.com).

Experts such as Stanley Korshak's bridal salon designer Patti Flowers say the color is all right for nighttime weddings. "It's more of a cocktail look, but you can soften it with buttons or accessories. I've worn a lot of black slip dresses to weddings with a colored sweater around my waist."

Please see LOOKS, Page A5



Wedding attire is less formal nowadays, but pantsuits still aren't appropriate for guests to wear to church weddings.

HEALTH NOTES —

Bum, baby, bum

You haven't got it made in the shade. Dangerous ultraviolet rays can sneak into the shade along with people trying to avoid sunburn, Purdue University and U.S. Forest Service researchers report. They said someone sitting in direct sunlight but surrounded by a grove of trees or buildings might get less ultraviolet-B exposure than someone sitting in the shade of a single tree.

Brainstorm I

Magnetic resonance spectroscopy, or computer programs that can read scans of your brain, may soon replace biopsies in diagnosing brain cancer. The technique, up to 85 percent accurate in early European trials, is noninvasive, removes much of the guesswork, and helps doctors determine the type of brain tumor and how severe it is, British researchers report.

Brainstorm II

Another new way of looking at the brain — this one in three dimensions — could make it easier to diagnose Alzheimer's disease and other kinds of dementia. Researchers at Japan's Himori Institute report in the Journal of Radiology that they have found a way to take MRI images and create a three-

dimensional picture in just five minutes.

Smoke gets in your body

While it's never too late to quit smoking, some effects of the habit are permanent and irreversible. That's according to the American Council on Science and Health, a nonprofit consumer group, which says smoking for as few as five years damages virtually every organ in the human body. The group adds: "We don't want to dishearten or depress smokers — quitting is always healthier than smoking."

Not-so-stupid dog tricks

When you neuter a dog or cat, you'd prefer it not to notice. So says the CTI Corp., which just gave a California dog the world's first set of canine testicular implants made of silicone. CTI says 14,560 pairs of testis implants have been implanted in dogs and cats in the last three years. It says these new, softer Neuticle Naturals are more authentic. Says the owner of the Chinese pug that received the testis implants, "I don't know anything's missing, and that's important."

—Compiled from wire service reports

Water

Continued from A4
your requirements by two glasses or more.

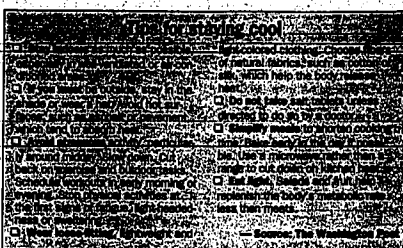
"And thirst isn't an infallible protection against dehydration. You feel thirsty because when the salt level in the blood rises, receptors in the hypothalamus trigger the thirst sensation," said Suzanne Fundingsland, nutrition specialist with Purdue University's Extension service. "But some people, particularly older people, cannot rely on this."

And a kid's heat-regulation system is not as well-adapted as an adult's, so they're also at particular risk. It only takes a 10 percent loss of a small child's body fluid to bring on death.

Exercisers must drink even when they are not thirsty, because the sensation of thirst lags the state of dehydration.

That's why you have to force yourself, Blauer said. "If you don't, you'll become dehydrated."

Water will do fine for most athletes, but for elite and ultra-endurance athletes who lose vast amounts of this mineral...



als necessary to regulate heart-beat, among other functions, he said.

A person who drinks coffee, tea or caffeinated soda will need even more liquid, because caffeine is a diuretic, so it makes people want to excrete liquid, Blauer said.

And beer? A 12-ounce beer contains 10 ounces of water, Fundingsland says in an on-line paper she co-wrote with colleague Daniel Lundstrom. "These beverages, if consumed in large quantities, can upset the body water balance."

Sweat is an early warning system for heat injury. Sweat that lingers on the skin is a sign of high humidity, and humidity retards the evaporative cooling needed to avoid trouble.

Sweat that turns clammy indicates the body's heat-shedding mechanism is breaking down, and it's time to get cool fast. A cessation of sweat alerts the system is in deep trouble—that heat stroke is setting in, and medical attention is needed.

But if the only sweating you're doing this summer is beneath a ceiling fan, you still need to be drinking more, the experts say. For example, if you're on a



For more information about the body's need for water, visit The Times-News Online at <http://www.mgicvalley.com> and click on NewsLinks.

high-fiber diet, you're losing water at a faster rate than normal whether you feel thirsty or not. And if you have a family history of kidney stones, you're half as likely to continue that legacy if you drink two or more quarts of water a day.

"Drink extra water whenever you think of it," Weil writes. "When you start to notice an increase in urination, you're doing a good job. Even better, you'll notice your urine-lightening up, looking less concentrated. Some people have to splash water in the refrigerator and make sure they empty them every day."

Times-News writer Steve Crump can be reached at 733-0931, Ext. 223, or write to him at crump@mgicvalley.com.

Looks

Continued from A4
neck. Then you can take the sweater off at the reception."

White and ivory are still inappropriate because they draw attention away from the bride, even if wedding dresses are no longer always those shades. Says designer Vera Wang, "We sometimes do a pale pink or celadon or blue wedding dress, and it would be funny to have the guests in white and the bride in color. I do have a problem with it, because white or ivory is still the bride's color."

Again: If you have to wear white, add a spot of color with a jacket, sweater or scarf.

Q. Can a woman wear a pantsuit to a wedding?
A. This is another slightly tricky question, and the answer depends on what sort of wedding you're attending. The wide, flowing pantsuits of former seasons have given way to a more streamlined look, which is fine for day but less appropriate after 5 p.m.

Says Todd Osterstrom, couture manager at Neiman Marcus, "I don't think a tailored pantsuit is appropriate at a wedding. If it's in a synagogue or church, then the tradition of women in dresses and skirts still holds true."

Wang adds, "It depends on where you're going. If you're going to a wedding in London the pantsuit might be all right, but it's not appropriate. But if it's in Southampton, I don't see a problem with wearing a nice beige linen pantsuit."

Q. What about bare looks, such as slip dresses?

A. The ethereal slip dress, either in soft solids or dreamy floral prints, seems tailor-made for a summer wedding. However, some versions are just too tight and sheer. One solution is to take along a narrow, cropped cardigan in a similar tone, or add a floppy scarf or shawl for the church, then toss it off for the reception.

And better the long dress than something too short. Says etiquette consultant Barbara Hoffman, "You shouldn't wear really low-cut things or the micro-minis with the slits up the side. Even if you have great legs, it's a matter of appropriateness."

Q. Are hats still an option?

Let the couple set the tone

In general, wedding guests reflect the couple's wedding style. So dress accordingly.

If the bride is wearing tulle, then it might be fine for some guests to wear tulle, too. If the groom is wearing a tuxedo, then it's fine for some guests to wear a tuxedo, too. If the couple is wearing a tuxedo, then it's fine for some guests to wear a tuxedo, too.

Q. If there are questions, the best thing to do is to call a member of the wedding party and ask.

Q. Do different religions have different dress codes?
A. Weddings of orthodox religions are not the place to wear a bare dress without a shawl or jacket, regardless of religion. For Jewish weddings, "you'll see men wearing head covers in all strains, but each community's going to have their own standards," says Teresa Parker, Temple Emunah-Eli life cycles and celebrations director. "But for Orthodox Jewish weddings, even guests would cover elbows and knees. It's a sign of respect."

Terra Lahrman, a bridal coordinator and owner of Sensational Celebrations in Dallas, notes that some colors are more appropriate in weddings of different cultures. "In an Indian wedding, there are a number of colors that are good luck for guests to wear, such as rich purples and deep burgundies. With Asian weddings, red is a symbol of good luck."

Q. Do men have to wear a jacket and tie?
A. "I don't think a tie is necessary anymore, but it depends where the wedding is taking place," Lahrman said.

Suits or at least a jacket and tie are the most appropriate choice, barring the occasional backyard ranch wedding. At a garden wedding or late afternoon event, men can sometimes get away with wearing linen pants with a crisp shirt. Still, "being invited to a wedding is a nice little honor, and you should dress appropriately," says Hoffman, the etiquette consultant. "If the people are laid back and having it by a waterfall in Hawaii, you can leave your tuxedo at home. But never wear ruffled shirts!"

Q. Are the rules different for nighttime weddings?

A. The answer is a resounding yes. Nighttime weddings will naturally be more formal, with the wedding party in black tie. Male guests should also be in formal wear if black tie is specified on

What a field day for the heat

The Washington Post

A searing heat wave like the one headed for south-central Idaho this week can do more than make a mockery out of the so-called "comfort index." It can also make you sick.

"Heat illness runs the spectrum from very mild to life-threatening," said John Howell, chairman of emergency medicine at Georgetown University Medical Center.

Exposure to heat kills about 240 Americans a year—not counting heat waves of three or more consecutive days over 90 degrees, according to the federal Centers for Disease Control and Prevention (CDC).

Three years ago this month, a record-breaking heat wave in Chicago led to about 500 deaths. The people at greatest risk of dying, according to a follow-up study by the CDC, were the frail elderly, particularly those who were socially isolated and did not have access to air conditioning.

"People who have access to air conditioning even for an hour or two a day greatly reduce their risk of dying in a prolonged heat wave," said Michael McGeehin, chief of the CDC's health studies branch in Atlanta.

Besides the elderly, others at high risk from prolonged exposure to sweltering heat include infants, obese adults and people with chronic illnesses such as heart or lung disease or diabetes. Excessive heat puts a strain on every organ in the body.

Some medications, including heart drugs called beta blockers and some older antidepressants, can make people more vulnerable to heat illness by hampering the body's ability to rid itself of excess heat.

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DELL P. SMITH, M.D.

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- **Where** - Liposuction may be safely performed in a hospital, ambulatory facility, or office based surgical suite.
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- **Ask** - Patients considering liposuction should ascertain that their surgeon is Board Certified in Plastic and Reconstructive Surgery.

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Barry

Continued from A4
hows, we'd like to play 'House of the Rising Sun'."

"I think there are a lot of older guys like Carl and me and the pope, older guys still fantasizing that we're Jimi Hendrix (who had the good sense to die before

he was 30). As we get even older, we're going to need specialized equipment, somebody's going to make a killing selling amplifiers that have large, easy-to-read numbers on the knob, so we can make sure they're turned all the way up. Also, somebody's going

to get really rich selling earplugs to nursing homes."

Dave Barry is a humor columnist for the Miami Herald. Write to him c/o Tropic Magazine, The Miami Herald, One Herald Plaza, Miami, Fla. 33132.

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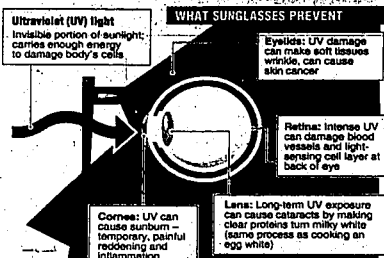
Jules HARRISON Ford Shhhh!

HEALTH & FASHION

PERSONAL TRAINER

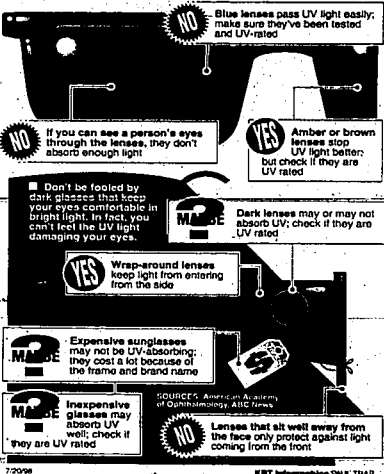
Your sunglasses need to be more than a fashion statement

A pair of shades can give you a suave air of detachment. However, it's a good idea to make sure they're also doing their job: protecting your eyes.



EVALUATING SHINY EYES

Some sunglasses have labels saying how much light they absorb. To protect your eyes, they should stop 90% to 98% of sunlight and 99% to 100% of its UV rays.



The Times-News

TWIN FALLS - Child Safety Seat Advocate Training will be held from 6 to 10 p.m. Tuesday in the Education Center at Magic Valley Regional Medical Center.

The training seminar is designed to raise awareness of the importance of correct child safety seat use by training interested individuals in each county to become child safety seat advocates. Each advocate receives one child safety seat. For more information, call the Magic Valley Safe Kids office at 737-2431.

TWIN FALLS - A childbirth refresher course will be offered from 7 to 10 p.m. Wednesday in the Education Center at MYRMC. Preregistration is required. Call 737-2900.

TWIN FALLS - A free presentation, "How to Achieve a Mentally Healthy, Satisfying and Fulfilling Lifestyle" will be held from 7 to 8:30 p.m. Wednesday at the KMYT Community Room, 1100 Blue Lakes Blvd. N. This community-education seminar is offered by Canyon View Psychiatric and Addiction Services of MYRMC.

Preregistration is requested but not required. For more information or to register, call Canyon View at 734-6760 or 1-800-657-8000.

TWIN FALLS - A Community First Aid and Safety (infant, child and adult CPR and first aid) nine-hour course will be offered at 6 p.m. Wednesday and Thursday at the American Red Cross.

Fee is \$40. To register or for more information, call 733-6464 or stop by the office at 718 Shoshone St. E. Prepayment is required for registration in all classes.

TWIN FALLS - The Big Kids Klub will meet from 10 to 11:30 a.m. Saturday in the Education Center at MYRMC.

This program is designed to help prepare brothers and sisters for the new baby. To register, call 737-2900.

TO DO FOR YOU

TWIN FALLS - The American Red Cross Baby-sitting Class will be offered from 8 a.m. to 5 p.m. Saturday at the Red Cross office. This course includes first aid, safety, CPR, breathing and bleeding emergencies, and infant and child CPR. Fee is \$30. To register or for more information, call 733-6464 or stop by the office at 718 Shoshone St. E. Preregistration and prepayment is required for the class.

TWIN FALLS - The local version of the 1998 Walk for Breastfeeding and Silent Auction is scheduled for Sunday at 6 p.m. in Rock Creek Park. The silent auction will include items donated by more than 60 local restaurants and businesses. The money raised will be used throughout the year to help La Leche League reach more mothers and babies in the community.

TWIN FALLS - A prepared childbirth course will be offered from 7 to 9:30 p.m. Tuesdays, beginning Aug. 4 through Sept. 1, in the Education Center at MYRMC.

Preregistration is required. Call 737-2900.

JEROME - Childbirth and parenting classes will be offered from 7 to 9:30 p.m. Thursdays, starting Aug. 6 through Sept. 3, at the St. Benedict's Family Medical Center snack bar.

These classes, taught by a registered nurse, will emphasize preparation for labor and birth, changes during pregnancy and newborn care. The second class in the series will qualify as a refresher course for mothers who previously have taken the classes.

Cost is \$30 for the five classes (\$6 per class). Bring payment to the first class. To register, call St. Benedict's at 324-4301.

To do for you is a calendar listing of health-related activities, events and education. Information should be submitted by Thursday for publication in the following Monday's Health & Fashion. Mail notices to: The Times-News, Box 546, Twin Falls, ID 83403, or deliver to our office at 132 Third St. W.

Parents' reservations put daughter's vacation on hold

DEAR ABBY: I am 16 years old and will be a junior in high school in September. My boyfriend and his parents have invited me on a family vacation with them. About a dozen people will be going.

My parents have known "Ryan" (my boyfriend) and his family for several years. Ryan's parents have offered to take me about this, but so far my parents refuse to let me go. There will be plenty of adults around, and of course Ryan and I would have separate sleeping quarters.

My dad suggested I write to you and ask if you think it would be OK for me to go. He promised that after we receive your reply, we will discuss the issue again.

—TEEN WHO WANTS TO TRAVEL

DEAR TEEN: The circumstances surrounding your vacation appear appropriate. Your boyfriend's parents will be there to supervise, you will have separate sleeping accommodations, and this is a family vacation.

I am sure over the years you and your family have discussed responsible behavior. Since Ryan's parents have invited you, means they trust you. If you conduct yourself accordingly, I see no reason why you shouldn't go.

DEAR ABBY: My problem is jealousy. I am jealous of all other females, and it has made my life pure hell. I am 37 years old and the mother of two children. I have a good husband, if he can manage to live with me. My family and friends, my husband and even my children think I am way overboard with my feelings of jealousy. Please help me. This is not a joke. Jealousy is ruining my life.

DEAR FRANK: Be it from me to endanger your health and safety. Ladies, for Frank's sake, please keep your purses and wallets with you; never leave them unattended.



DEAR ABBY
Abby Cadabby

—JEALOUS JULIA IN OHIO

DEAR - JEALOUS JULIA: Jealousy is no laughing matter. As you know firsthand, it can make you and those around you miserable.

Until you learn to feel more secure about yourself, you will probably continue to have these feelings. Short-term therapy, focused specifically on this issue, will help you recognize that your feelings are not based in reality, and will give you useful tools to manage them. You may have to work hard to conquer this, as my counselor will tell you, but it can be done.

DEAR ABBY: Since I have retired, I go shopping with my wife more often. I have noticed women putting their purses or wallets in their shopping carts, then turning their backs on them while they look for items they may want to purchase.

Anyone could easily pick up these purses or wallets and walk away with them. So for my sake, please advise women to keep their purses with them, not leave them in the carts.

—FRANK LAWRENCE, REDWOOD CITY, CALIF.

DEAR FRANK: Be it from me to endanger your health and safety. Ladies, for Frank's sake, please keep your purses and wallets with you; never leave them unattended.

News You Care About!

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Tips on knowing which hospitals are best for surgery

The Washington Post

Fewer patients die when surgery is "regionalized" — that is, when the majority of complicated operations are performed at a few hospitals with a high volume of such cases, rather than spreading complicated surgery over many hospitals.

That's the implication of a new study by Johns Hopkins researchers who looked at surgical mortality rates in Maryland for patients undergoing an operation sometimes called the "Mount Everest of surgery": the pancreaticoduodenectomy or Whipple procedure, performed as a treatment for cancer of the pancreas.

Pancreatic cancer has a five-year survival rate of only 4 percent because most cases are far advanced when discovered. But some patients with early cancer undergo the complex surgery, which involves removing the pancreas and part of the small intestine. Before 1980, the rate of death for the Whipple procedure was more than 20 percent. Since then, improvements to the procedure have reduced the death rate, but it remains highly dependent on surgeons' experience.

Hopkins researchers used state data to examine trends from 795 Whipple procedures performed in Maryland hospitals between 1984 and 1996. During that period, Hopkins' increased its statewide share of cases from 21 percent to 59 percent.

Forty-three Maryland hospitals performed the operation during the 12-year period. Hopkins averaged 51 cases per year while the other hospitals averaged a total of 40, or about one case apiece.

Statewide, the death rate from the procedure declined from 17 percent to 5 percent. From 1984

'At a minimum, they should make sure everybody has access to the regional centers.'

—Toby Gordon, study author

to 1996 at Hopkins, the mortality rate from the procedure fell from 3 percent to 1 percent, while at the other hospitals it dropped from about 19 percent to 12 per-

cent. Using a mathematical model, study author Toby A. Gordon and colleagues concluded that almost two-thirds of the statewide drop in mortality could be explained by the shifting of cases to Hopkins. The study was published in the July 7 issue of *Annals of Surgery*.

Gordon, an associate professor of surgery and health policy, said regionalization of surgery can occur for various reasons, including doctors' referral patterns,

decisions by insurers or managed care providers, consumer preferences or government regulation. She said managed care companies have a responsibility to examine hospital data on surgical outcomes when deciding where to send their patients.

"At a minimum, they should make sure everybody has access to the regional centers," she said. "Second, they should be sending patients to the better centers."

Ted L. Rea MD., F.A.C.G.
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INTESTINAL BACTERIAL OVERGROWTH COULD CAUSE NAUSEA, DIARRHEA IN ELDERLY

The small bowel is practically sterile except for some oral (mouth) bacteria swallowed with saliva. Stomach acid, small intestine motility and a special type of immunoglobulin (substance produced for protection against infections) are important factors protecting the small intestine against bacteria. Bacteria growing in the small intestine may lead to vitamin deficiencies—mainly vitamin B₁₂, diarrhea, lack of appetite, and nausea. All these symptoms are very frequent in the elderly, but it is not known how frequently. Bacterial overgrowth (bacterial overgrowth syndrome) is a condition in which the small intestine is overgrown with a younger population. Their results are reported in a recent issue of the *American Journal of Gastroenterology*. They studied elderly patients with no obvious

disposition to bacterial overgrowth or evidence of vitamin deficiency. The presence of abnormal bacteria, immunoglobulin content, and stomach acidity were measured in 52 patients (22 older than 75 years of age). Thirty-six patients had evidence of chronic diarrhea, lack of appetite, or nausea (14 of these were 75 years or older). Eleven out of these 14 (78%) elderly patients had evidence of small intestinal bacterial overgrowth compared of only 2 out of 22 (9%) younger patients with similar complaints. Gastric acidity was not different between the younger and elderly patients, and there was no decrease in the immunoglobulin production in the elderly.

In conclusion, small intestinal bacterial overgrowth should be considered as a possible cause of diarrhea, lack of appetite or nausea in the elderly, even in the absence of overt vitamin deficiency.

A title taken from "Gastroenterology" is prepared in cooperation with the American College of Gastroenterology, Spring 1998.

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HEALTH & FASHION

Anatomy of a disc

■ **Nucleus:** Spongy central fluid moves in and out of it during the day, giving you flexibility. It is with fluid during the night, which may cause morning stiffness.

■ **Annulus:** Tough outer ring, contains pain fibers.

Tears, bulges, hernias

■ **Torn annulus:** Sudden movement may cause tiny tear, often result of a lost disc. Ligaments may stretch, causing pain.

■ **Bulging disc:** As disc wears out, jelly-like nucleus begins to push into the annulus, putting a painful pressure on it. Age, poor posture and incorrect body movements can wear out discs.

■ **Herniated (ruptured) disc:** Nucleus moves closer to disc's outer edge; movement causes annulus to rupture. Nucleus squeezes out, irritating a nerve.

Spinal disc injuries



Other problems

■ **Arthritis:** As discs wear out, bone spurs form and joints between vertebrae inflame, causing pain. These problems can cause spacing between vertebrae to narrow, irritating nerves.

■ **Instability:** If a disc stretches and tears, the vertebrae can slip back and forth, causing spinal instability. The stretched disc puts pressure on the annulus, which may cause pain.

For more information:
Consult your health care professional.
Next week: Keeping back healthy

KRT Infographics/KERRY G. JOHNSON

Spinal surgery is easier on patients

NEW YORK (AP) — Patients with spine problems such as nerve compression, "slipped discs," scoliosis, spinal tumors and degeneration of the vertebrae often suffer with tremendous pain.

When conventional noninvasive techniques don't help these patients, spinal fusion surgery can offer them relief, despite the rigorous procedure that requires an extended recuperation.

Methods of performing traditional spinal fusion surgery have improved greatly. Nonetheless, these procedures still are "open" surgeries — those needing a large abdominal incision to work on the front, or anterior, spine (the most effective location for spinal fusions).

Today, however, a new laparoscopic surgical technique offers a less invasive procedure for some patients needing spinal fusions. This new method shortens recovery time and lessens the pain of healing.

Laparoscopy has been used for years, with great success, in diagnosing and treating gynecological, urological and gastrointestinal conditions. Recently, it has been applied to spinal surgeries.

In a laparoscopic procedure, a small, lighted telescope is inserted into the patient's body, allowing the physician to view and operate on the screen while the patient is inside the patient. Gas or air

inflates the surgical area to allow for a better view and to conduct needed repair.

Laparoscopic surgeries usually leave only a one- or two-inch incision, thus greatly reducing the pain of recuperation and shortening recovery time.

We now use improved gasless laparoscopic instead of "open" surgery for some patients in need of spinal fusion. Called GLASS (gasless laparoscopic anterior spine surgery), this relatively new technique is available only at a few centers nationwide.

The gasless feature of GLASS is important for spinal surgery because laparoscopy with gas doesn't allow blood to be suctioned to keep the surgical field clear or permit physicians to reach much beyond the lowest spinal disc.

The method's anterior approach provides better correction of abnormal anatomy, greater ease in realigning the spine and better results because the bone is under compression. Such mechanical advantages let surgeons do shorter fusions, which result in greater mobility for patients.

The method's anterior approach uses a balloon which is inflated to expose the area in which to operate. (In traditional laparoscopic surgery, the bowel and tissue of the peritoneum makes access to the front of the spine difficult.)

The GLASS balloon is then

replaced with a mechanical retractor. Surgery may then occur at any level of the spine, without gas, using long versions of traditional incisions.

Instead of using the screw-in metal devices often employed in laparoscopic spine surgery, repairs can be made with bone graft from the patient or — even less traumatically — with cadaver-banked, bloodless bone product. This avoids the need for a second incision to harvest the bone graft from the patient.

Overall, recuperation from the GLASS method is significantly easier and fusion success rates are higher than for "open" surgery. Additionally, the patient has only a very small incision, abdominal muscles haven't been cut and traumatized, there are fewer post-operative problems and no long-term complications from muscle healing.

Unlike traditional spinal fusion surgery, the patient doesn't need a body cast and may be up and walking within one day. Average hospital stay is three to four days. By discharge from the hospital, a GLASS patient can do light activities and walk up and down stairs.

It takes about three months for the fusion to be fully integrated into the spine, though the patient may not do any heavy lifting or carrying.

Research: Rock climbing is fun, not fitness

WASHINGTON (AP) — Trying to increase your fitness by rock climbing would be an uphill battle.

Even on specialized indoor equipment that allows long climbs, climbing is not as effective as treadmill running, according to the study. Climbers instead do more of a sprint — short power bursts followed by rest.

"If they sustain the climb for long enough, they are able to sustain an aerobic training effect, but sustaining that energy output might be difficult," said Phillip B. Watts, a professor of exercise physiology at Northern Michigan University, Marquette.

Watts examined two measures of aerobic output — how fast the heart beats and how much oxygen the exerciser uses. In the experiment, 16 experienced climbers with an average age of 26 worked out on an indoor climbing wall that worked like a treadmill, continuously moving as the subject climbed.

Climbers did five four-minute climbs interspersed with six-minute rests. They climbed at wall angles ranging from nearly vertical to slightly overhanging. For comparison, the exercisers did treadmill runs over the same time periods at a heart rate equal to what they did when the wall was nearly vertical.

The results were published in the American College of Sports Medicine journal *Medicine and Science in Sports and Exercise*.

At the same heart rate, oxygen use was greater for running than for climbing, the study found. So, climbers who judge their aerobic energy use by their heart rate may be misled, Watts said. If they want to climb as hard as they run, they would have to raise their target heart rate by five to 10 beats per minute, he said.

Climbers tended to go more slowly when the angle got sharper, which took some of the edge off the exercise, the report said.

The method's anterior approach provides better correction of abnormal anatomy, greater ease in realigning the spine and better results because the bone is under compression. Such mechanical advantages let surgeons do shorter fusions, which result in greater mobility for patients.

The method's anterior approach uses a balloon which is inflated to expose the area in which to operate. (In traditional laparoscopic surgery, the bowel and tissue of the peritoneum makes access to the front of the spine difficult.)

The GLASS balloon is then

the thin and muscular, Goddard said. Anything that is not muscle or bone is waste weight that has to be carried up the climbing wall, so heavier people tend not to make the grade, he said.

"Most people, when they are climbing, feel it is strength-oriented because it is very demanding of upper-body strength," Goddard said. "We are not used to supporting our weight on our arms and fingers."

Handgrip strength weakened on the rougher angles, and blood lactate — a measure of the accumulated chemical wastes of exercise — was higher when the climber was gripping an overhang.

The idea that rock climbing doesn't require a lot of endurance did not surprise Dave Pegg, a climber and senior associate editor of Climbing magazine, Carbondale, Colo. "Rock climbing is very stop-starty," he said. "You spend a lot of time sitting on a belay."

Pegg said he doesn't get the same out-of-breath feeling from rock climbing that he does from running.

However, rock climbers look fit. They carry little bodyfat. A separate study, focusing on elite climbers, found the competitors "very lightweight, small people," Watts said. Men had only 5 percent bodyfat, and women averaged 8 percent or 9 percent — "very low for females," Watts said.

The leanness of climbers may confuse people, said Dale Godard, Salt Lake City, a co-author of "Performance Rock Climbing," considered one of the basic texts of the sport.

The climbers' leanness is not necessarily from endurance, but simply because the sport favors

Studies continue to show that light alcohol intake can improve health of most people

Knight Rider News Service

Here's a toast to your health: Ever since the early 1990s, when Americans learned that a drink a day offers some protection from heart attack, studies have continued to verify the health benefits of very light alcohol intake for most people.

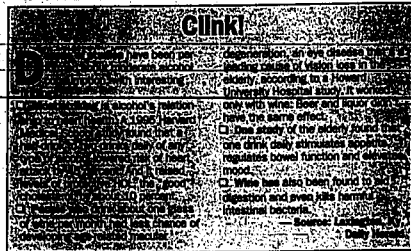
Since then, moderate alcohol has been shown to boost HDL, the "good" cholesterol, elevate mood and even improve the appetites of senior citizens.

"How it works, I don't know," said Dr. Thomas F. Whayne Jr., a University of Kentucky cardiologist. "But there's a clear-cut association with longer life. It's very promising."

The key word is moderate: one serving of alcohol per day for women, up to two daily for men. At higher levels of consumption, problems outweigh alcohol's benefits.

Some studies have found more benefit with wine consumption than with other forms of alcohol; other studies have found that any form of alcohol, consumed moderately, has benefits.

Moderate alcohol intake got its



first serious boost with a 1991 report on "60 Minutes" about what's called the "French paradox," the French eat a fat-laden diet, but are much less likely than Americans to die of heart disease.

Some researchers linked the effect to the much higher consumption of wine in France — about 10 times as much per capita when compared with people in the United States. (The trade-off, though, is that the French have

higher levels of liver disease.) The word has been getting out, particularly about the benefits of wine.

"I think a lot of people are drinking more red wine," said Phil Dunn, 49, a wine lover and owner of Phil Dunn's Cellars in Lexington, Ky.

Even the first month after the "60 Minutes" report about the French paradox, U.S. supermarket sales of red wine jumped 44 percent.

Survey: Men aren't getting physicals anymore

New York Daily News

NEW YORK — Call it happy-go-lucky confidence or pure, unspoken terror: Only 60 percent of adult males have had a basic physical exam in the last year, compared to 76 percent of women, a recent survey shows.

Even worse, 10 percent of the nation's tough guys haven't had a physical in more than 10 years, or "since the Reagan administration," says Mike Lafavre, editor of Men's Health magazine.

Conducted for the magazine and CNN, the national survey of 1,017 adults age 18 and older focuses on how often men see doctors and on their interest in nutrition, family history, prevention, stress, and sex and skin care.

Men proved more likely than women to worry about some things — colon cancer, AIDS, liver disease. But in most health areas they were less knowledgeable than women, and they were less likely to think family health history important.

Other findings: Men over 50 are more likely to feel they are "in control" of their health, pay attention to it and see doctors. The most carefree of all are the youngest, the Generation Xers, who are yet to be tested for medical problems.

Both men and women think not smoking is important to health, but women are more convinced — 78 percent of them frown on smoking compared to

68 percent of men.

Men are much more likely than women to have an unhealthy body mass index of more than 25. (The body mass index calculates the weight-to-height ratio and assigns a number to the result. It used to be that a BMI of 27 was considered overweight. But a recent federal study lowered it to 25.) Possibly because men are confused about nutrition, the survey suggested, "They've stopped eating what's good for them and are reaching for comfort foods with one hand, while grabbing the remote control with the other." In other words, too many calories and too little exercise.

Silence is not golden when it comes to a man's family health history, though that may be changing: Middle-aged and young men are more likely to have spoken with their fathers about family health than older men.

Men generally don't worry about their skin, or the possibility of skin cancer, though the number

of skin cancers is skyrocketing. Men are more likely than women to have a drink to reduce stress.

MOVIES

Movies For July 27

ODPHEUM

1st Main Ave., Twin Falls, 734-2400

Lethal Weapon 4 (R) 7:00-9:30

Motor-Vu Drive In

Eastland Dr., Twin Falls, 734-2400

Horse Whisperer (R) 8:15

Sun 7:00-9:00

JEROME CINEMA

955 West Main • Jerome • 334-8853

Armageddon (13) In Digital

Today 7:15-9:45

New Gibson Lethal Weapon 4 (R)

Today 7:15-9:45

Dr. Doolittle (13) Today 7:30-9:45

The Mask Of Zorro (13)

Today 7:30-9:45

Summer Movie # 8

A Simple Wish (PG) or Casper (PG)

Today 7:00-9:00

TWIN CINEMA 12

1st Street East • Twin Falls • 334-3000

Armageddon (13) In Digital

Today 6:45-9:45

Something About Mary (PG)

Fight The Future The X-Files (13)

Today 7:15-9:45

Madeline (PG) Today 7:30-9:45

Today 12:30-2:45-5:00-7:15-9:30

Small Soldiers (13)

The Truman Show (PG)

Mulan (PG) Dr. Doolittle (13)

Today 12:10-2:25-4:40-7:00-9:15

Disturbing Behavior (R)

Today 7:15-9:30

Mask Of Zorro (13)

Today 12:45-2:45-5:45-7:45-9:45

Saving Private Ryan (R)

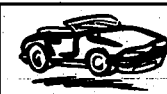
Today 12:15-2:45-5:45-7:45

Summer Movie # 7

Barney's Adventure (PG) or

Star Kid (PG)

Mon 7:27-Fri 7:21 11:00-1:15-3:30



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Estate Shape

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WENDING THRU THE MEDICAID MAZE

QUESTION: In a year or so my husband will probably need nursing home care. I'm worried about my financial security. Any ideas?

Dennis S. Voorhees

There are some smart ways to keep much of your financial base under you as your husband qualifies for Medicaid assistance. Step one: Get the light of day. Get the facts. Call Sandy Hacking at the Idaho Department of Health and Welfare • 236-2110. Your loved one does not have to be in a nursing home or applying for Medicaid to qualify for free Medicaid resource analysis and counseling. Don't wait.

If you wait too long, you may find you've spent money you didn't need to spend. Your spouse may have already qualified for Medicaid. Avoid the advice of uninformed friends and relatives. Go right to the source.

In Idaho we usually don't think of a government employee as our friend when it comes to preserving financial independence and qualifying a needy family member for assistance. But Sandy's job is in large part to make sure that a healthy spouse doesn't impoverish herself paying for the care of an institutionalized spouse. By all accounts Sandy is as compassionate as she is knowledgeable. Give her a call.

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COMICS

Peasapod By Charles M. Schulz

HERE'S THE WORLD WAR I FLYING CROSSING NO MAN'S LAND TO VISIT HIS BROTHER SPIKE...

HI, SPIKE. HOW ARE THINGS IN THE TRENCHES?

NOT QUITE WHAT I EXPECTED.

THE FIRST THING I NOTICED WHEN I GOT HERE IS THERE AREN'T ANY DRINKING FOUNTAINS.

Dilbert By Scott Adams

MY BOSS TOLD ME TO BUY A BUNCH OF EQUIPMENT WE DON'T NEED.

THAT WAY OUR BUDGET WON'T GET CUT NEXT YEAR.

I'M SO PROUD OF YOU, SON.

HOW DO YOU SAY THAT WITH A STRAIGHT FACE?

I TRY TO IMAGINE YOU AS A NAVY SEAL.

B.C. By Johnny Hart

TO AVOID BIG PRESS, GENTLEMEN, I'M GOING TO BLAME OUR FOTTEN BABE ON THE TIT DOLLY SING.

WHAT ARE THOSE?

PRIDE, LUST, ENVY, AMER, GREED, GLUTTONY, SLOTH AND NO RELIEF PITCHING.

THAT'S EIGHT!

YOU'RE RIGHT!

SCATCHY FEELS.

Garfield By Jim Davis

I WONDER WHAT'S GOING TO HAPPEN TO ME THIS MONDAY?

THUD

COOL! A SINKHOLE, RIGHT HERE IN THE KITCHEN.

Hi and Lois By Chance Brown

WE'RE BOTH SO BUSY WE HARDLY HAVE TIME TO TALK ANYMORE!

THAT'S NOT TRUE.

WE ALWAYS FIND TIME TO COMPLAIN TO EACH OTHER ABOUT HOW BUSY WE ARE!

The Wizard of Id By Brant Parker & Johnny Hart

I'D LIKE TO BE A REKTER.

LET'S SEE A SAMPLE OF YOUR TYPING.

TYPE TYPE TITTY TIT TAP

TOE QUOTE BAWDIE YES JUMPED OVER THE LAST DION ROBE.

VERY GOOD. REPORT TO THE RETRACTIONS DEPARTMENT.

Vegetable Horrible By Chris Browne

I WANT TO BUY A NEW BOAT FROM YOU, BUT I'D LIKE YOU TO GIVE ME A PRICE ON MY TRADE-IN!

BOAT

BUT COULD YOU HURRY?

Beetle Bailey By Mort Walker

HE'S SO FULL OF HOT AIR! PUFFED UP WITH HIS OWN IMPORTANCE!

TOO BAD WE CAN'T DO ANYTHING ABOUT IT.

LOOK, LARRY!

HOW ABOUT ACUPUNCTURE?

Frank and Ernest By Bob Thaves

ACE TAXIDERM CO.

OUR RETIREMENT PLAN... YOU DON'T WANT TO KNOW.

Tom Swick By Art Samson & Chip

PROBLEM, THORNAPPLE? DON'T GO AROUND WITH THE WEIGHT OF THE WORLD ON YOUR SHOULDERS!

HAVEN'T I ALWAYS TOLD YOU THE DOOR TO MY OFFICE IS OPEN?

THE ONLY TIME YOUR OFFICE DOOR IS OPEN IS WHEN YOU'RE NOT IN!

For Better or For Worse By Lynn Johnston

WE'VE HAD SUCH A NICE TIME HERE, THANKS FOR PUTTING US ALL UP.

IT WAS FUN, BUT JUST LONG ENOUGH.

IT WAS A PERFECT VISIT.

THE ADULTS ARE STARTING TO FIDGET.

AND THE KIDS ARE STARTING TO FIGHT.

Blondie By Dean Young & Stan Drake

I'M NOT GETTING UP AND COFFEE WON'T MAKE ME.

NOT EVEN BACON AND EGGS WILL DO IT TODAY.

A TRAIL OF GLAZED COUGHLETS?

I KNOW I'M COUGHING OUT THE BIG SNAKE THIS MORNING.

Pickles By Brian Crane

EXCUSE ME, DO YOU WORK HERE?

YES, MA'AM.

MY HUSBAND AND I WERE WONDERING IF YOU HAD A CYRESS TREE?

YES, THAT'S A BALD CYRESS.

THE NIGHT OF THE BALD CYRESS HAS ENDED VISITORS ARE PLEASED TO TALK TO THIS MANY YEARS.

AND MEET, OF COURSE, ENOUGH, THE SIGHT OF A BALD MAN DOES AGGRAVATE MEANING FOR THE CYRESS.

HA HA, VERY FUNNY!

Decals the Menace By Hank Ketcham

IF IT'S SAFER IN THE BACK SEAT, HOW COME THEY DON'T PUT THE STEERING WHEEL BACK HERE?

The Family Circus By Bil Keane

Dam ants! I keep thinking the punctuation is moving!

Big general wore little shoes

Q. Where was the first horse race of record?

A. Olympic Games, 642 B.C. First prize was a "woman of well-rounded domestic skills."

Q. Gen. Robert E. Lee wore a size 6 shoe.

Q. Does anybody really know why widowers have a tougher time than widows?

A. One of the numerous and varied explanations: Most women talk personally to close friends and relatives. Most men reveal their feelings only to their wives. So loss of the wife leaves the husband without anyone to talk to about what matters to him.

In the 19th century Franco-Prussian War, the French released pigeons to communicate with headquarters, and the Prussians counter-attacked with falcons.

Is killing an "art"? Some psychologists think so. It takes an intuitive ability, they say, to perceive the attitudes of others. Plus a sense of humor.

WHAT'S WHAT? L.M. Boyd

Plus a moderate aggressiveness. Claim is the qualities in balanced combination are as enacting as the qualities in the makeup of an artist.

Q. Who was the Dalai Lama talking about when he said, "If you can't help them, at least don't hurt them"?

A. Everybody.

The superstitious Dutch, too, practice that defensive custom of "knocking on wood," but the wood has to be unpainted.

Q. When was cocaine concocted?

A. In 1832. A French chemist named Pierre Jean Robiquet isolated it from opium. Same year a Baltimore shipyard turned out the first true clipper ship. Boston's Samuel Smith wrote the lyrics to "America." And cowboys first showed up in Hawaii.

HOROSCOPE Sydney Omar

IF JULY 27 IS YOUR BIRTHDAY: You are impulsive, headstrong in romance. Mother was excellent cook, had difficulty with left eye. Father was of meditative nature and at times appeared to be psychic. Aries. Libras play significant roles in your life, could have these letters, initials in names: I and R. Current cycle relates to participation in metaphysical projects. Plans made in July will bear fruit in August. September most memorable.

ARIES (March 21-April 19): People sense it could not be done in the time allotted. You do it, gaining publicity and acknowledgments that you perhaps are the best in your field. Take a bow, but stand up straight.

TAURUS (April 20-May 20): Focus on creativity, style, passion, aura of sensuality, sex appeal. This is your lucky day in connection with finance, romance, communication. Lead you to tight place at crucial moment.

GEMINI (May 21-June 20): Indecision will be sensed well before it is new direction. It becomes evident that new love is on order. You will be ready.

CANCER (June 21-July 21): Focus on marriage, food, restaurant management, security of home. You are loved. You receive numerous offers, mainly concerning business affairs. Capricorn plays role.

LEO (July 22-Aug. 22): Spotlight on entertainment, diversity, being up to date concerning fashion. Lunar position highlights investments, locating lost articles, being in touch with financial wire.

VIRGO (Aug. 23-Sept. 22): Cycle high - roadblocks will be transformed into steppingstones toward ultimate goal. Deal gingerly with Taurus. Scorpio individuals. You will encounter displays of treachery.

LIBRA (Sept. 23-Oct. 22): You'll be counted on to read, write, teach. Fight censorship, battle for freedom of thought. Your enemies are formidable. Gemini, Virgo persons play meaningful roles.

SCORPIO (Oct. 23-Nov. 21): You win big. Lunar position in Eleventh House coincides with good fortune in matters of speculation, popularity, ability to win friends and influence people. Libras involved.

SAGITTARIUS (Nov. 22-Dec. 21): You work things out. Delay gives you extra time - you are going to win, despite odds with Taurus. Scorpio individuals. You will encounter displays of treachery.

EMPHASIS ON PRIORITIES, BASIC VALUES. Intensity for gaining approval of higher-up. This is a time when you don't take independence. You'll confer with community leaders.

MAJUS (Dec. 22-Jan. 19): Long-range project will be fulfilled soon enough. Suddenly people want to climb aboard. Be careful, popularity, about being unreasonable. Help Aries. Libras involved. unresolvable dilemmas.

PISCES (Feb. 19-March 20): Day you have been waiting for is finally here. Affairs of heart. Low figures promulgate. DON'T LET IT GET AWAY. Proposals received, usually in regard to legal affairs, marriage.

7x7 PUZZLE (Sudoku-style grid)

Yesterday's Puzzle Solves

1	Anglican	31	Quaking tree	57	Broadly open
2	Cathedral city	32	Planned briefly	58	Word with duck or excuse
3	Baroque	33	Scattered	59	Others
4	Squidry catch	34	Scattered	60	Island
5	Conspicuous	35	Rocky co-star	61	Island
6	Breaker	36	Island	62	Island
7	Breaker	37	Island	63	Island
8	Nocturnal	38	Island	64	Island
9	Island	39	Island	65	Island
10	Island	40	Island	66	Island
11	Island	41	Island	67	Island
12	Island	42	Island	68	Island
13	Island	43	Island	69	Island
14	Island	44	Island	70	Island
15	Island	45	Island	71	Island
16	Island	46	Island	72	Island
17	Island	47	Island	73	Island
18	Island	48	Island	74	Island
19	Island	49	Island	75	Island
20	Island	50	Island	76	Island
21	Island	51	Island	77	Island
22	Island	52	Island	78	Island
23	Island	53	Island	79	Island
24	Island	54	Island	80	Island
25	Island	55	Island	81	Island
26	Island	56	Island	82	Island
27	Island	57	Island	83	Island
28	Island	58	Island	84	Island
29	Island	59	Island	85	Island
30	Island	60	Island	86	Island

OTHER VIEWS

Even on the moon, Shepard was a down-to-earth hero

From the Detroit Free Press

Too often, heroes don't seem human. Their feats are so extraordinary that while they inspire us, they also humble us with the realization that we could never do that.

But with a swing of a golf club, astronaut Alan Shepard made the impossible seem attainable. With a simple swing of a 6-iron, he made it seem as if we, too, could someday reach the moon.

Shepard, who died Wednesday at age 74, was one of the seven original "Right Stuff" astronauts named in 1959. He was the first American in space, the fifth human on the moon, and the only one to hit a golf ball

while he was there.

Shepard's first space flight, on May 5, 1961, restored American dreams that were dealt a blow just 23 days earlier when Soviet cosmonaut Yuri Gagarin made it first. But Shepard and his "A-OK" splashdown lifted spirits and paved the way for President John Kennedy to declare that America would be on the moon by the end of the decade.

Shepard may be the most memorable of the dozen men who walked on the lunar surface. His golf shot some how made the moon more accessible, space travel more attainable, to us gravity-bound mortals. He was one of us, a very earthy hero.

Candidates need to participate in debates

From the Lewiston Morning Tribune

Dirk Kempthorne's portrayal of the talk-show host is startling. He is not only a candidate for governor, but he is also a talk-show host.

He is not only a candidate for governor, but he is also a talk-show host. He is not only a candidate for governor, but he is also a talk-show host.

His opponent, Democrat Bob Huntley, has invited Kempthorne to join him in a series of debates around the state before the November general election, but Kempthorne says he is too busy to accept for any other than one in Boise.

"Busy at what? What could the Republican candidate for governor possibly have to do that is more important than sharing the same stage with his opponent to discuss their differences, especially after Congress adjourns for the general election campaign? No candidate should consider such debates optional. They are essential to the proper function of democratic government."

And most candidates, including in Idaho, have accepted that. The current governor, Phil Batt, met his opponent, Democrat Larry EchoHawk, 16 times during the 1994 campaign. And when Batt ran for governor 12 years before that, he and incumbent Gov. John Evans agreed to a series of debates around the state, including at Lewiston High School. (Evans did not do so well four years before that, however, rejecting Republican Allan Larsen's call for a similar series of debates.)

Kempthorne himself was less busy six years ago, when he debated Democratic opponent Richard Stallings eight times during their campaign for the seat being vacated by Sen. Steve Symms.

Kempthorne's campaign manager today brushes off Huntley's call for debates as a slight only to Huntley. "We don't feel it's his (Kempthorne's) job to get Huntley's campaign message out," Jeff Malmgren says.

Maybe not. But what about

Kempthorne's campaign message? To date, Huntley has been far more clear about his intentions if he is elected than Kempthorne.

For example, Huntley says he will oppose further restrictions on women's choices over abortion. Kempthorne says he would have vetoed the restrictions Batt vetoed this year, but promises to meet with abortion opponents to write restrictions he can support.

But he doesn't bother to tell voters what restrictions those might be.

Huntley says he will support breaching lower Snake River dams to save Idaho's disappearing salmon and steelhead runs, provided the Lewis and Clark community is compensated for the loss of its inland seaport. Kempthorne says he would like to think it won't come to a choice between dams and fish.

But he doesn't bother to tell voters what he will do if it does come to that. Those are only two of the differences already seen between the two candidates, and who knows how many others there might be if they had a chance to explore them?

Kempthorne won't allow that, however. His campaign strategy is becoming clear. He intends to lie low until the final weeks before the election.

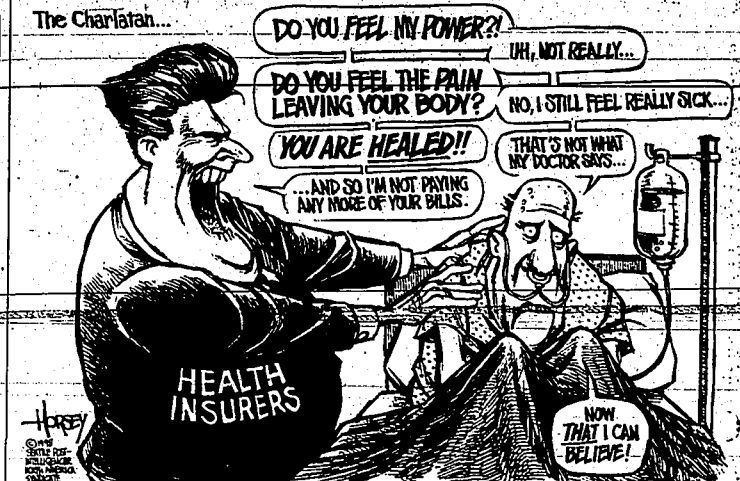
Then, he will use the huge money advantage he has over Huntley to flood the airwaves with broadcast commercials telling everyone what a good guy he is.

There will be no hard questions to answer, no voice of dissent, no need to draw on his own brain.

And if he is elected, he will assume office free of any annoying campaign promises to the voters (promises he might have made to wealthy campaign contributors being another matter).

That's not acceptable to Huntley, and it should not be acceptable to Idaho voters. Even a mutineer idol eventually comes out in the street and faces his opponent, even if he does answer questions with only "Yup" and "Nope."

The Charlatan...



'Disposable' marriages hurt families, society

LEONARD PITTS JR.

Larry's been married a few times, had several other long-term relationships. The final tally: seven children by five mothers.

As he surveyed his years of going from this woman to that, searching for perfect bliss, the 47-year-old businessman came to a conclusion: "I should have stayed with that first girl and just struggled on through with her. I would've been just as happy in that first relationship."

I met Larry a few months ago in Los Angeles. Thought of him again last week while reading an article on a new movement to shore up the faltering institution of marriage—legislators, religious leaders, academics and others looking for ways to help couples stay together in the face of statistics indicating that 40 percent or more of them won't.

One expert says couples discard their marriages too easily, forgetting that this relationship—like any other—goes through phases.

My parents' generation, of course, took that as a given. When they said "till death do us part," they meant just that.

My generation is another story. For us, the vow might as well read, "Till death or inconvenience do us part." Which is why so many of our children have seen their homes sundered and families split, have grown up with mommy in one house, daddy in another and child-support checks in the mail.

We've sought to adapt. Sought to make it "OK." Authors and experts show us

how to divorce... how to safeguard the kids, rebuild the life, move on.

The intentions are faultless. We try to make this wrenching thing hurt less. But maybe we forget that there's a reason for the pain. It reminds us that this is not something we do lightly.

Certainly, there's no shortage of marriages that need ending, particularly those afflicted by violence, emotional abuse and chronic lies. But do you suspect—as I do—that there are many other perfectly salvageable unions that fall apart for reasons not nearly as crucial? Fall apart because somebody woke up one morning, fell apart because somebody can't get past some transgression that happened years ago. Fall apart because money is tight, the families intrusive, the magic lost, or, yes, because the grass is greener on the other side of some better tended than the grass in one's own.

All of us have an interest in seeing that those marriages that can be saved, are. In fact, families and wealthier—less likely to tax social services. Their children are better adjusted—less likely to appear before a judge.

The problem is that, like cameras, picnic plates and baby diapers, marriage

has become a disposable commodity. If the one you have starts acting up, just toss it out and get another. Do whatever it takes to make yourself happy. Indeed, we've grown to think of being "happy" as a sacred intention.

I offer no argument for the virtues of being miserable. Rather, my point is that it's a mistake to regard happiness as something you get just for showing up when in truth, it's something you work at and sacrifice for. Constantly. And even then, there are times it is unsustainable.

Because the expert was right. A marriage goes through phases. From transcendent joy to "Why'd I ever marry this clown?" And back again.

That's what the preacher meant when he said, "For better or for worse." That's what Al Green meant when he sang, "Let's stay together, whether times are good or bad, happy or sad."

Some of us don't understand the words. Aren't tough enough to live them. We fold too readily, surrender too easily, give up too soon. And thus, miss so much. An old friend of mine says that 50 percent of the time, his marriage makes him glad he's alive. The other 10 percent, it makes him want to beg, "Please kill me now."

The trick is to get through the 10 by trusting the 90.

Sometimes, marriage is just an act of faith.

Leonard Pitts is a columnist for the Miami Herald.

LETTERS

What a way to spend tax dollars

Our boy president's trip to China was an outstanding example of our tax dollars at work. The trip participants numbered more than 1,000 at a trip cost of \$40 million!

Included in the retinue were six members of Congress, five Cabinet officials who each brought almost 40 staff members, a chief of staff, a deputy chief of staff, a national security adviser, a deputy national security adviser, a press secretary, a deputy press secretary, five stenographers, two White House television crews, a valet for the president and a hairdresser for Mrs. Clinton, the president's private secretary and the White House staff secretary, speech writers and rewriters, doctors and lawyers, snipers, commandos, bomb-sniffing dogs, and, of course, 375 reporters and photographers and some guests.

More was spent by this guy and his guests than Jude Starb spent in three years. But you would never know that from the grumbling on the left (as opposed to right) side of the aisle.

ROBERT A. JOHNSON

Hansen

What's wrong with school prayer?

I'm responding to recent letters by

William Haffner and Preston Crawford. Mr. Haffner, I'll try yours from the bottom up. Jesus did pray in public, as did his Apostles and disciples. He warned us about praying as the Pharisees did: to impress those listening.

Good morals have not "always come from good people and what they have learned throughout their lives." Look at any society which turns its back on Biblical morality (or rules it unconstitutional) to see how bad that society becomes when relying on its own morals.

Yes, people send their children to school to gain knowledge. Guess what. That's why Christian parents send their kids to school too. I have to ask, though, what you are trying to allude to when you mention animal and child sacrifice? Are you intimating that without a prayer-free, public school education we'll revert to Bad worship and human sacrifice? When you make such a statement, could you explain just what you mean?

You started by saying, "It is quite clear that he does not understand why so many people do not want prayer in our public schools." Actually, Mr. Haffner, I do. From about the 1930s, when John Dewey's (socialist, atheist and so-called Father of Modern Education) ideas were put into practice in our schools, students were taught his

ideas that God, the Bible and prayer were detrimental to their education and lives and should be driven not only from school, but from the country.

The National Education Association, following Dewey's lead, stated their goal of "resocialization." Paul Blanchard of the NEA recently said, "We may not teach many to read, but keeping kids in school until they are 15 is forcing religious superstition from our country." After six decades of being taught this philosophy, it's no wonder many people think prayer in school is a bad idea.

Now a synopsis of Mr. Crawford's letter. Christians are militant, don't want to pay taxes, want government imposition of their beliefs, want to destroy the Constitution, hate liberals and want legalized discrimination. Richard Butler and his merry band of Nazis may fit that description but, despite what they may claim, they're not Christians.

When you add to that your middle remarks about Republicans and your claim that Magic Valley liberals have no civil liberties, you're animosity appears pretty troubling. I guess stereotypes about Christians are the only acceptable bigotry allowed in America today.

WILLIAM LOCKER

Filer

The Times-News

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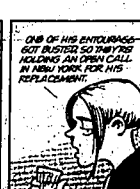
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Write to us

The Times-News welcomes letters from readers on subjects of public interest. To make sure your letter is published promptly, here are a few guidelines to remember:

Letters should include the writer's signature, mailing address and telephone number. Letters considered libelous, obscene or in bad taste will be rejected, and The Times-News reserves the right to edit all letters.

Doonesbury



Mallard Fillmore



Ohio police catch 4 fugitives, 2 at large

YOUNGSTOWN, Ohio (AP) — Three escaped convicts were captured Sunday less than a mile from the penitentiary where they made their escape. Inmates cut their way through fencing and clambered over razor wire to get free.

Another prisoner was caught Saturday. Police searched an abandoned motel and patrolled nearby railroad tracks Sunday hoping to catch the final two. Four of the escapees were serving time for homicides, the other two for armed robbery.

The three Northeast Ohio Correctional Center inmates captured Sunday morning were in woods near a neighborhood less than a mile from the prison. A resident who spotted them called police.

"I don't know how they ever found them," said Richard White, a neighborhood watch the arrest. "There are a lot of places to hide around here. One dude had a purple shirt

and that didn't help him, and another had a yellow shirt."

Inmates are allowed to wear street clothes under their prison jumpsuits. Three discarded jumpsuits were found by police Saturday in woods near the prison.

Warden Jimmy Turner said investigators were examining the possibility that other inmates aided the escapes with a prison yard diversion.

"Some inmates may have created a distraction that caused our officers to leave their assigned positions in the rec yard, making it possible for the inmates to escape," he said.

The state's only private prison, the Northeast Ohio Correctional Center, is located in Youngstown. It houses 1,550 inmates mainly from the Washington, D.C., area. Since it opened in May 1997, two inmates have been killed and there have been at least 13 stabbings.

States resume tobacco talks

RALEIGH, N.C. (AP) — Officials from nine states scheduled a meeting with cigarette makers Monday to see if there is any chance of salvaging a national settlement with the industry.

"We're trying to determine whether a national settlement is something that the states and the industry want to accomplish," North Carolina Attorney General Mike Easley said Sunday. "I think now is the time to do it, if we're going to do it."

Although North Carolina, the nation's largest tobacco producer, has not sued the tobacco companies, Easley said the state could benefit from any universal settlement and would participate in the negotiations.

Other states participating in the talks set for New York City include California, New York, Massachusetts, Colorado, Washington, North Dakota, Pennsylvania and Oklahoma, Easley said.

The central economic claim made by the states — that tobacco companies should pay billions to cover the costs of treating sick smokers — will not be on the agenda.

"The non-economic issues, in my opinion, will drive the talks," Easley said. "There's a gulf between the states and the industry on these issues that would go into a settlement, but the economic piece is not the top of the totem pole."

Instead, Easley said the talks will focus on public health issues such as how to keep teens from smoking.

A spokesman for California Attorney General Dan Lungren, who is sending two assistants to Monday's talks, declined to say what would be on or off the agenda.

"Obviously, public health policy changes are an extremely important part of the settlement," said Rob Stutzman. "It's not just about money."

J. Phil Carlton, a North Carolina attorney who has represented the cigarette companies through more than a year of negotiations, declined to confirm that talks will resume.



Ross Kelley, 39, parked his 1994 Chrysler minivan in a driveway with the motor on, waiting for a friend in 1997 when his air bag suddenly opened in Cheshire, Conn.

Drivers say air bags open sans crash

WASHINGTON (AP) — Ross Kelley was sitting in his 1994 Chrysler minivan, parked in a driveway with the motor on and waiting for a friend, when his air bag suddenly burst open with a bang.

"The air bag just blew up in my face," Kelley recalled. "It felt like someone reached through the window and punched me."

Kelley, of Cheshire, Conn., who suffered no serious injuries, is among hundreds of consumers across the country reporting the scary experience of air bags deploying without being triggered by a crash.

General Motors recently recalled nearly 1 million autos to repair such sensitive air bag systems.

The federal highway safety agency is investigating another 1.6 million Chrysler, Mazda, Subaru and Mitsubishi vehicles based on complaints that the devices are inflating inadvertently, according to a review of agency records by The Associated Press.

Three-quarters of these autos are Chrysler minivans and cars. Chrysler engineers are examining the deployments, which they say are rare.

"We haven't concluded anything yet," said Chrysler spokeswoman Jodi Armstrong. "The caution here is not to create undue panic because there is already so much panic out there about air bags."

Public concern about air bags stems from the 108 deaths the government blames on the air bag itself in low-speed accidents since 1990. Most of those killed were children or small adults.

The National Highway Traffic Safety Administration recently expanded its investigation of Chrysler minivans to 878,000 Dodge Caravan, Plymouth Voyager and Town & Country minivans from model years 1994 and 1995. There have been 28 consumer complaints — most involving driver air bags that blew open just after the driver turned the ignition key, the agency said.

GM-UAW strike talks go around the clock

FLINT, Mich. (AP) — Round-the-clock negotiations to settle the devastating strikes against General Motors Corp. raised hopes Sunday that a settlement in the seven-week dispute was near.

After a week of minimal talks, negotiations shifted into high gear with the surprise announcement Saturday that the automaker had agreed to return disputed stamping dies back to the Flint Metal Center on Sunday.

Twelve tractor-trailer rigs loaded with the dies lined up and entered the stamping plant at mid-afternoon. The drivers honked their air horns as about 200 strikers and supporters filled an intersection to cheer their arrival.

Most were optimistic that the dies' return was more than symbolic.

"I think this will put an end to it," said Jeff Sloan, an UAW spokesman.

The Delphi Flint East parts plant across town. "This is what started the war."

It was the removal of the dies — 27-ton, cast-iron pieces of equipment from which doors, fenders and other vehicular body parts are stamped — that spurred the United Auto Workers to strike the plant June 5. A second strike was called June 11 at the Delphi plant, which makes spark plugs, filters and other parts.

Conflicting aims leave cloning ban in limbo

The Washington Post

WASHINGTON — Despite widespread concerns about the prospect of human cloning, if scientists wanted to try to clone a person today, there arguably would be nothing to stop them.

Several anti-cloning bills have been introduced in Congress, but none has passed. And legal experts question the Food and Drug Administration's assertion that it has the authority to regulate human cloning, noting that the agency has not invoked that authority for other, similarly novel fertility treatments.

There are serious questions about whether the FDA can make its claim to be able to regulate cloning consistent with its (lack of) regulation of other reproductive techniques," said John Freeman of Fish and Richardson, a Boston law firm that specializes in intellectual property.

"The possibility that someone could try to clone a human, and could succeed, became more like-

ly last week when scientists in Hawaii announced that they had developed a technique that had enabled them to clone dozens of adult laboratory mice. It was the first confirmed cloning of an adult mammal since Dolly the sheep was born in Scotland last year.

Following the news of Dolly's birth, President Clinton banned the use of federal funds for human cloning research and asked the National Bioethics Advisory Commission to examine the issue. The commission recommended passing a federal law banning the cloning of human beings, and Clinton last July submitted the Cloning Prohibition Act of 1997. The bill, however, has languished.

Then, in January, a Chicago entrepreneur, Richard Seed, reignited the debate with an announcement that he intended to clone humans. Senate Majority Leader Trent Lott (R-Miss.) called for emergency consideration of a Republican anti-cloning bill.

Houston man goes to trial on murder-for-hire charge

HOUSTON (AP) — When Roger Angleton was found dead in his cell, having bled to death after slashing his neck and arms with blades removed from disposable plastic razors, it seemed the mystery of his sister-in-law's 1997 murder had been solved.

On a yellow legal pad propped beside his blood-soaked bed, Roger had written a note admitting he'd killed Doris McGown Angleton in a plot to extort money from his brother, Bob Angleton. The plan, he wrote, included framing Bob, saying Bob had hired him to kill Doris, to ensure Bob paid up.

In his last message to the world, Roger proclaimed his brother innocent. The letter ended, "Sorry for the mess."

But while attorneys for both men thought Roger's admission would be enough to dismiss a murder charge against Bob, prosecutors held it was just another piece in a much more complex picture between brothers.

On Tuesday, Bob Angleton heads to trial in a case that could end with his own death — by lethal injection.

"There's no doubt that Roger killed her, but the evidence will show he did it at the request of Bob," said Harris County Assistant District Attorney Lynn McClellan. "The idea that it was Roger's plan, and he did it to hurt his brother, I don't believe will be born out."

Roger's Feb. 7 suicide was the latest twist in an already sensational case that began amid the slain couple's lawns and sprawling estates of Houston's River Oaks section.

It was the evening of April 16, 1997 — five days after Doris' 46th birthday. She had stopped by her twin 12-year-old daughters' softball game when Bob, who coached the team, mentioned they had left a bat at home.

After a frantic search for the bat, she was met with a bar-



Robert Angleton leaves a court appearance Aug. 8, 1997, in Houston, with his attorney Mike Ramsey, right. Angleton is charged in the 1997 killing of his wife. His brother, Roger, left a suicide note next to a blood-soaked prison bunk, saying that he'd killed the woman, and framed Robert for arranging the murder. On July 28, 1998, Robert heads to trial in a case that could end with his own death.

rage of bullets: seven shots to the head, five to the chest.

Weeks later, stories began circling about how Bob had made his money, and some wondered whether there was a connection to Doris' death.

Bob was the top bookmaker in Houston, handling \$20 million to \$40 million in sports bets every year, according to the Houston Chronicle. He also had served as a police informant, rating on his fellow bookies for years.

Bob already had given police the name of a possible suspect: his older brother, Roger, who had worked with him briefly in the bookie business before Bob fired him.

that if he didn't get it, "I will hurt you in a way that will be with you for the rest of your life."

But unbeknownst to the cops, police the name of a possible suspect: his older brother, Roger, who had worked with him briefly in the bookie business before Bob fired him.

Bob told police that several weeks before his wife's death, his brother sent him a letter demanding money and promising

book of Mormon

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Few Utah school districts have signed teacher contracts

SALT LAKE CITY (AP) — Education officials across the state will be busy in coming weeks as they try to negotiate teacher contracts in time for school.

According to the Utah Education Association, only 14 of the state's 340 school districts have settled pay and benefits deals with teachers. But those with contracts include the Granite and Jordan districts, the state's largest.

Thus, 67.4 percent of Utah's 20,000 public school teachers are covered by new contracts for the upcoming year, with pay hikes averaging 3.4 percent, USA officials said.

Utah teachers last school year received average salary and benefits totaling \$44,258, according to figures from the State Office of Education. Pay accounted for \$31,886, on average, and benefits, \$12,372.

Teachers in Salt Lake City,

Park City and Emery districts are among the highest paid, with average salary and benefits totaling \$50,000 or more, according to state figures.

Salt Lake City teachers also negotiated one of the highest pay hikes for next year, settling on a 4 percent pay increase. Among the smaller pay hikes was northeast Utah's Daguerre District, where teachers will get a 2 percent salary jump, plus other pay adjustments.

A tentative 3 percent pay hike has been set for the 3,500 teachers in the Granite District, pending approval from its school board, said district spokeswoman

Michelle Barrows. The Jordan District's 3,600 teachers will receive a 3.3 percent pay raise and other benefits, said David Moss of the Jordan Education Association.

In northern Utah, Davis teachers settled on a 3.5 percent salary

increase, with other salary adjustments, said Sandra Wilkins, district spokeswoman. The contract covers 2,936 educators.

Last week, a tentative agreement also was reached in Ogden District, where teachers settled on a 3.52 percent salary increase and other benefits, said Marshal Garrett, district personnel department. Some 750 teachers are represented by the Ogden Education Association.

Earlier this year, a group of 110 teachers sued Ogden City School District, claiming they were owed more than \$500,000 in back pay. A settlement was reached in the case in which educators alleged they were paid the wrong salary for as long as seven years in some cases.

Conservationists say Forest Service inaction has hurt creek

BOISE (AP) — Conservationists have sued the U.S. Forest Service, charging it failed to fence cattle out of a bull trout fishery and built logging roads it never revealed to the public.

Before logging commenced in the Joke-Bench timber sale near Council, the Forest Service promised to build a fence excluding cattle from the creek as mitigation for damage caused by the logging, they charge. It also promised to install four culverts.

The fence was to run along the west side of Bench Creek for about a mile, paralleling

the sale boundary.

But a post-logging visit by the plaintiffs showed the fence was never built, nor were the culverts put in. Three roads were built that were not detailed in documentation and serious erosion has occurred, impacting the bull trout fishery in the East Fork of the Weiser River.

"The Forest Service can't even do the simple things, such as build a fence, and they force the public to go to court to force them to fulfill their promises," said Erik Ryberg of the Payette Forest Watch. "This is their answer to the public when we

say, 'Work with us.'"

Filing suit last week in U.S. District Court in Boise were the Forest Watch, Idaho Sporting Congress and the Ecology Center. They want the court to find the agency has acted illegally and must halt any livestock grazing in Bench Creek until the fence has been built.

Ryberg said high water temperatures are a problem in the Weiser River. When streams become shallower because of sediment in the water, shallow rocks become exposed and transfer their heat to the stream. Bull trout require clear, cold water.

Nation looks to Boise for fire assistance

BOISE (AP) — With wildfires raging in both the West and East this summer, the nation is turning to Idaho for help.

From a 52-acre complex beside Boise Municipal Airport, the National Interagency Fire Center directs the attack on devastating fires across the nation.

About 425 federal workers dispatch firefighters who parachute into mountain trouble spots. They coordinate the supply of axes, radios and 3,700 other pieces of gear while at the same time tracking lightning strikes that turn hillsides into infernos.

"We're the one-stop shopping for the United States," said Dennis Pendleton, the center's U.S. Forest Service director. "Local firefighters handle smaller incidents. When they suddenly need help... they make the phone call to NIFC."

NIFC dispatches teams of firefighters and tons of equipment to fight the recent widespread fires in Florida. And as recently as last week, NIFC sent Boise-based smokejumpers to help fight blazes in Montana, Nevada and Colorado.

The fire center is gearing up to handle a projected 50 percent increase from the 66,000 fires that raged last year, Pendleton said.

Ski slope damages denied

SALT LAKE CITY (AP) — The Utah Court of Appeals in a unanimous decision Tuesday said District Court judge was right to not hold one skier responsible for crashing into another.

The Utah Court of Appeals affirmed Judge Homer F. Wilkinson in a decision released Thursday, saying, "Some collisions between skiers are an inherent risk of skiing and may occur absent negligence, as in this case."

The case involved a collision between Gary Ricci and Charles Schoults at Snowbird in April 1994.

Both men were skiing a well-groomed, uncrowded run on a sunny morning. Schoults, who was taking ski lessons, was making a number of controlled turns as he descended Anderson Hill. Ricci closed to within a few feet of Schoults as the latter approached a small crest.

Suddenly, Schoults lost control and fell to the left and into the path of Ricci, who couldn't avoid hitting him. The two skiers slid into a tree well. Ricci hit the tree with some force and was seriously injured. Schoults was only bruised.

Ricci sued for damages, arguing that since Schoults' fall took place on one of the easiest runs at Snowbird under near perfect conditions, there was no reason for him to fall except for his own negligence.

A 3rd District Court jury

agreed with Ricci and found Schoults negligent. But the

appellate court said the jury was for a "judgment notwithstanding the verdict" on grounds there was insufficient evidence that Schoults had breached any duty he owed Ricci. Ricci appealed.

Writing for the majority, Judge Judith M. Billings said the court found no legal precedent in Utah case law but turned to other state and federal courts that have dealt with similar ski collision cases.

Cases that have supported a finding of negligence have required proof of some negligent conduct before the collision, she said. For example, in one California case, a skier was found negligent because he had consumed a large quantity of alcohol.

A skier has a duty to other skiers to ski responsibly and within control, Billings said. "However, an inadvertent fall on a ski slope, alone, does not constitute a breach of this duty."

She noted that Ricci himself had testified that up to one second before the collision, Schoults was skiing in control.

Judge Russell W. Bench concurred with Billings. In a strong dissent, Judge Gregory K. Orme, said the question was not whether Ricci's testimony supported the verdict but whether any evidence from whatever source supported it.

LDS president dedicates Pony Express monument

SALT LAKE CITY (AP) — A monument recognizing the contributions of Pony Express riders from Utah is now a part of This is the Place Heritage Park. The statue was dedicated on Saturday by Mormon church President Gordon B. Hinckley, who noted that the riders of 1860s were paid \$125 a month, riding day and night in storms and clear weather.

Beehive State residents provided horses, way stations and riders who carried mail via horseback along the Pony Express route that extended from St. Joseph, Mo., to Sacramento, Calif.



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Friday, August 7
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Katy Ruffing & Ryan Kober
Jenny Sollinger & Scott Lovell
Sonia Sommer & Scott Deserault
Jennifer Rees & Kevin Capps
Candy Robertson & Rick Ruser
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Shannon McClure & Todd Embretson
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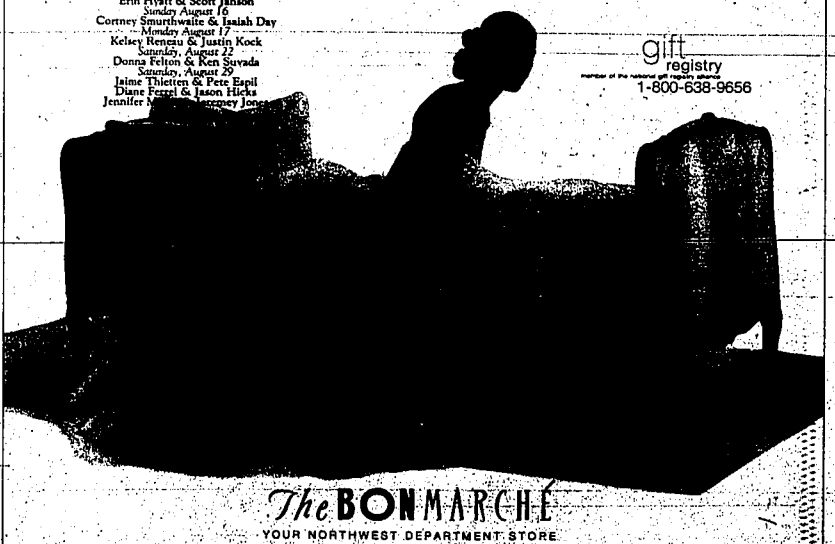
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His mountain and his mine are Neal's loves

ELBA - Wildfire didn't scare him off the mountain, he swears the Forest Service can't drive him off, and his children have failed to coax him off.

Arthritis, bad lungs and an undependable liver won't do it either. He says he's there to stay.

Neal Twitchell's home hunkers alone on a mountain inside the Albion Range near Elba, where wild fires two summers ago burned within 75 feet.

"It came a roaring up the canyon at me," Neal said in early July, gesturing past his porch cluttered with files, pans, wire net, tools and the like, but cooled by breeze off the peaks.

Neal had built his log house with a tin roof, he said, and he trusted the Lord.

"I wasn't about to leave," the 67-year-old miner told me.

"Everything I've got in the world is invested here. A lifetime of it."

'Everything I've got'

Where the sagebrush burned, the wildflowers are back now, sloshed down the slope before Neal's porch. They're the foreground of his private perspective across the canyon - where Corner Creek greets the crevice - and to the skyline's Black Pine Range. In July, snow is visible on the Rait River Range.

His nearest neighbor, more than three miles down the mountain, owns the landmark Melchor Mansion with 23 rooms, hand-made frescoes and a native-rock exterior.

But Neal tells his neighbor, "I've got as good a view as you, and my house only cost me a thousand dollars."

When he rebuilt the rotted-out house on his mining claim, he spent \$732 cash on drywall, insulation and nails. The other materials he salvaged from the county landfill or elsewhere.

I suspect he found my amazement gratifying.

Neal's house is wired for electricity, but the sockets sit unused because he hasn't settled a disagreement about the utility right of way. He built a bathhouse but uses it for storage because he wasn't allowed to put in a septic system.

Though Neal hasn't managed to rid himself of the coal-oil lamps, outhouse and gasoline generator, he does have one luxury. His faucets supply spring water piped from 700 feet up the mountain.

Card packs, stacked by the scales on the kitchen counter, are insurance against the length of winter nights. He also has the comforts of 13 pipes and the photos of his daughters (the youngest one wants to be a geologist). Now and then he catches a mess of fish in the creek.

He served me 7-Up and my boyfriend root beer from the cool of his dugout storage room. A dash of Virginia moonshine was optional.

'A real thrill'

Life on the mountain affords another intoxication.

The four small vials he presented for our admiration held the gold that is his prize - mostly tiny grains, but in one vial, some chunks he can sell directly to



Neal Twitchell relates a humorous story involving a fellow miner and a cornered cougar near his gold mine in the Albion mountains.



After crushing a handful of rocks on the porch of his mountain cabin, 67-year-old Twitchell uses a gold pan to separate any of the heavier gold dust found in the rock.

jewelry stores. Some goes to Precious Metals of Arizona for refining.

"When you get the big stuff, it's a real thrill," Neal said, glancing up with a grin from where he crouched to give an ore-testing lesson.

From the darkness of the house, he brought out another lesson: "This rock just yells gold at you."

The rock yelled nothing at me, but I took his word for it.

Neal had announced he wasn't going to take us into the mine, as it was still too wet. But something got the better of him.

Flashlights led us 700 feet into the dripping, chilly dark to the 20-foot cave-in that blocks the last 1,100 feet of Neal's mine. He explained what miners had been taken from holes in the mine's floor and ceiling, and told how rocks dribbled as a warning before the cave-in.

Working down here, he said, "it tells you before it ever hurts you. All you have to do is listen and pay attention."

Water from the earth's inside slid down my shoulders and smeared pages of my notebook. By shuffling along the rusty, narrow cart tracks, I kept my feet dry.

Back on the porch, he pulled out a map of the mine and pinned it flat with the flashlights to display his scratched notes:

"Ore to be taken from footwall."

"Raise off here, lead chlorophosphate stain in back."

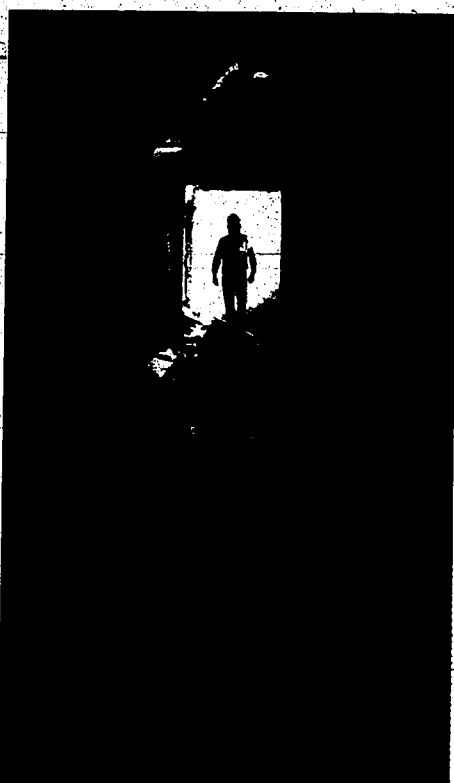
"Free gold across 10' to 20' zone."

That's his working copy. He takes really good care of the original.

'Last one left'

Neal started mining in this area in 1977 on Cadie Peak. But he could reach the site only by foot, horseback or helicopter - or snow machine if the snow was perfect - so it was too hard to keep on there.

In 1989 he bought Badger Mine's hard-rock mineral claims, where he says this valley's first minerals were found in 1890. The lead deposits should pay expenses and leave the gold, silver, copper and zinc as profit.



Twitchell bought rights in 1989 to Badger Mine, where he has followed a vein yielding gold, lead, copper, zinc and more silver.

Twenty years ago, Neal said, there were 20 miners on this district.

"I'm the last one left."

Born in Albion, he went to Korea with the military, almost earned a master's degree in theoretical mathematics, worked for Bobas Cascade, taught high school math and science and sold Fuller Brush before he settled on this spot of the world.

Down in civilization, he says, there are too many regulations for a conservative, free-enterprise American who loves the environment but doesn't

Please see GOLD, Page B3



After being beset with rheumatoid arthritis, Twitchell made a deal with God that he would stop chasing the shiny dollar. He says he is now comfortable with making enough money to cover expenses.

MAGIC VALLEY/IDAHO

How Idaho lawmakers voted

House	Chenoweth	Crapo
1) REFORM HOUSING LAWS The House on Tuesday approved, 205-171, a measure that would return public housing laws and increase the income level of which families are eligible for public housing. Supporters said the bill would allow people with different income levels to live in public housing and would benefit low-income families. Opponents said the bill would eliminate preferential housing for the very poor and give it to people who are less needy. The measure passed 205-171.	Yes	Yes
2) UNIONS DISCLOSE FUNDING The House on Monday rejected, 248-150, an amendment that would have required unions to disclose spending of each activity in which they are involved, including political activities. Opponents said the measure would force unions to disclose how much money they spend. Opponents argued that the amendment unfairly singled out unions, while protecting corporations. A "yes" vote favors the amendment. The measure passed 248-150.	Yes	Yes
3) RESTORATION OF ARTS FUNDING The House on Tuesday approved, 205-172, an amendment to restore arts funding in Idaho. The measure would endow for the Arts. Supporters said NEA funding benefits state and local programs. Opponents said the measure would cut last year's arts funding and that the system put in place would not work. Opponents said the measure would not work the system put in place and that the measure would not work the system put in place. The measure passed 205-172.	No	No
4) CHINA'S STATUS The House on Wednesday voted, 254-166, to defeat a measure that would have revoked China's "most favored nation" status, a label which allows normal trade relations with a country. Supporters argued that maintaining trade with China was the best way to influence Chinese domestic policy. Opponents argued that the nation should hold China accountable for human rights violations by withholding normal trade status. A "yes" vote favors revoking China's status. The measure passed 254-166.	Yes	No
5) OVERSIGHT ABORTION VETO The House on Thursday approved, 205-132, an override to President Clinton's veto of legislation banning certain late-term abortions. The measure exceeded the two-thirds majority needed to override a veto. The measure will prohibit the Senate, where Republicans have been unable to get the measure passed. Supporters said the measure would ensure that the Senate would not pass the measure. The measure passed 205-132.	Yes	Yes
6) PROTECTION OF EDP PROGRAMS The House on Thursday approved, 225-169, a measure that would protect educational programs from federal funding. The measure would limit federal funding for environmental agreements. Supporters said educational programs facilitate an open debate on environmental issues. Opponents said funding should not be allocated for the Kyoto Protocol until it has been ratified by the Senate. A "yes" vote favors the measure. The measure passed 225-169.	No	No

Source: State News Service

The Times-News

Trial costs could reach \$60,000

COEUR D'ALENE (AP) — Prosecuting the alleged killer of Idaho State Police Trooper Linda C. Huff will cost Kootenai County taxpayers \$30,000, Kootenai County Sheriff Douglas said.

And defending the suspect could cost just as much.

In a memo to county commissioners, Douglas said he will seek \$40,000 in the upcoming fiscal year to fund prosecution of four capital murder cases, including David Yager's.

Yager is accused of the June 17 shooting of Huff in Coeur d'Alene.

The ongoing expenses of the Yager case will severely diminish

our ability to prosecute our other cases which are not necessarily "high profile," Douglas said in a letter to commissioners.

Commissioner Ron Rankin said the Yager case and others like it present a dilemma for the county.

"There's no way that we can avoid prosecution there's no way that we can legally avoid defending the same person," Rankin said.

Yager has been assigned a public defender to represent him in his first-degree murder trial.

The public defender's office has refused to disclose what the case may cost taxpayers.

THIS WEEK AT CSI

The Times-News

The following is a schedule of meetings and events that will take place this week at the College of Southern Idaho.

TUESDAY

Volunteers Against Violence board meeting, 5:30 p.m., Taylor Building, Room 238.

Stop Smoking Support Group, 8 p.m., Shields 112.

THURSDAY

Small Business Development Bank's seminar, 10 a.m., Evergreen C/6.

FRIDAY

Narcotics Anonymous, 7 p.m., Desert 412.

ON THE AGENDA

The Times-News

Following is a list of governmental meetings scheduled this week in Magic Valley. This list is compiled from advance schedules. The Times-News suggests you confirm the information by calling the appropriate clerk's office before attending.

TODAY

Blaine County commissioners, 8:45 a.m., courthouse.

Idaho County commissioners, 9 a.m., courthouse.

Dietrich School Board, 7:30 p.m., business room.

Elmore County commissioners, 9 a.m., courthouse.

Hagerman City Council, special meeting, 7:30 p.m., City Hall.

Jerome City Planning and Zoning Commission, 7 p.m., City Council chambers.

Jerome County commissioners, 9 a.m., courthouse.

Jerome County Planning and Zoning Commission, 7:30 p.m., courthouse.

Ketchum City Planning and Zoning Commission, 5:30 p.m., City Hall.

Lincoln County commissioners, 10 a.m., courthouse.

Minidoka County commissioners, 9 a.m., courthouse.

Twin Falls City Council, 5 p.m., City Hall.

Twin Falls County commis-

sioners, 8:30 a.m., courthouse.

TUESDAY

Camas County commissioners, 10 a.m., courthouse.

Twain Falls County commissioners, 7 p.m., Hailo Town Center.

Minidoka County Democratic Party, 8 p.m., courthouse.

Shoshone Planning and Zoning Commission, 7:30 p.m., City Hall.

Sun Valley Planning and Zoning Commission, 8:30 a.m., City Hall.

Twain Falls County commissioners, 8:30 a.m., courthouse.

Twain Falls County Democratic Party, 8 p.m., courthouse.

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Twain Falls County Democratic Party, 8 p.m., courthouse.

HOSPITALS

MINIDOKA MEMORIAL

Some names are omitted at patients' request.

Admitted

Henry Woodrow Ash of Rupert.

Released

Rossey Tameer and son of Rupert.

DEATH NOTICES

Ray R. Mackey of Buhl, graveside service at 10 a.m. today at the West End Cemetery in Buhl (Farmer Funeral Chapel).

Enid L. Baple of Shoshone, graveside service at 10 a.m. today at the Glenn Rest Cemetery in Glens Ferry (Demary's Shoshone Chapel).

Mildred B. Lind of Declo, 11 a.m. today at the Declo LDS chapel (Hansen Mortuary Burial Chapel).

Dan Elvin Dennis of Anchorage, Alaska, memorial service at 1:30 p.m. today at the Alden-Wagoner Funeral Chapel in Boise; military service will be held Aug. 5 in Anchorage.

Carolyn Angela Curran Larrington of Boise, vigil service at 7 p.m. today at the Alden-Wagoner Funeral Chapel in Boise.

Services and cremation are under the direction of Parke's Magic Valley Funeral Home of Twin Falls.

Jimmy Dale James Hansen - Jimmy Dale James, 42, of Hansen, died July 10, 1998. Private family services will be held in Minnesota. Local cremation arrangements were under the direction of Parke's Magic Valley Funeral Home of Twin Falls.

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Wagoner Funeral Chapel in Boise; funeral Mass at 11 a.m. Tuesday at St. Catherine's Catholic Church in Hagerman. Friends will arrive from 5 to 7 p.m. today at the funeral chapel.

Dorothy Margaret Senften of Twin Falls, memorial service at 10 a.m. Tuesday at the United Methodist Church in Castelford (Parke's Magic Valley Funeral Home in Twin Falls).

LaVerne Potts Ochsner of Twin Falls, 11 a.m. Tuesday at White Mortuary; friends may call until service time Tuesday at the mortuary.

Melba M. Hagemann of Eden, 11 a.m. Wednesday at the Eden Trinity Lutheran Church; friends may call from 4 to 8 p.m. Tuesday at White Mortuary in Twin Falls.

Clark Alden Nomer of Twin Falls, died today, July 24, 1998 outside of Mountain View as the result of an automobile accident.

He was born Dec. 4, 1935 in Nebraska. He moved to Scotts Mill, Ore., and attended schools there. After graduation he entered the army as an electrical engineer. He moved to Rupert after his military service where he married Fayve Kossman in Burley in 1976. The marriage was solemnized in the Boise LDS Temple on Sept. 18, 1976. He was active in the Cascade Guard Reserve for three years and served on various callings in the LDS Church. At the time of his death he was working as an electrician on pivot sprinklers in Grandview.

He is survived by his wife Fayve of Twin Falls, three sons, Andy C. Nomer of Twin Falls, James R. Kossman, serving in the military in Georgia and F. Michael Kossman serving with the military in Colorado Springs, Colo.; a daughter, Ronda Morgan of Jerome; five grandchildren; three sisters, Evelyn and Mona of Bend, Ore., and Brenda of Utah. He was preceded in death by his parents and two brothers.

Services for LaVerne will be held at 11 a.m. Tuesday, July 28, at the 9th Ward LDS Church on Maurice Street with Bishop John Cook conducting. Burial will follow at Sunset Memorial Park. Friends may call at White Mortuary from 4 p.m. to 8 p.m. Wednesday, July 29, 1998 with the family greeting friends from 6 p.m. to 8 p.m. and at the church from 9:45 a.m. to 10:45 a.m. Thursday.

Services for LaVerne will be held at 11 a.m. Tuesday, July 28, at the 9th Ward LDS Church on Maurice Street with Bishop John Cook conducting. Burial will follow at Sunset Memorial Park. Friends may call at White Mortuary from 4 p.m. to 8 p.m. Wednesday, July 29, 1998 with the family greeting friends from 6 p.m. to 8 p.m. and at the church from 9:45 a.m. to 10:45 a.m. Thursday.

Services for LaVerne will be held at 11 a.m. Tuesday, July 28, at the 9th Ward LDS Church on Maurice Street with Bishop John Cook conducting. Burial will follow at Sunset Memorial Park. Friends may call at White Mortuary from 4 p.m. to 8 p.m. Wednesday, July 29, 1998 with the family greeting friends from 6 p.m. to 8 p.m. and at the church from 9:45 a.m. to 10:45 a.m. Thursday.

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Fourth-generation Oakley resident Eric Bedke settles his skittish mount Saturday at the team sorting competition.

Oakley celebration is a tradition

By Gregory Hahn
Times-News writer

OAKLEY - Frank Karl Herman Bedke had enough wanderlust, it turned out, to last his family for generations.

Starting at age 13, when he lied about how old he was and joined the German Navy, Bedke lived a nomad's life. New York City, San Francisco, Montana, Utah - he got around.

But a little valley that surrounded what would eventually be called Goose Creek caught his eye during one of his journeys, and he ended up settling there in the late 1870s with a few head of cattle and the peace of mind that comes from knowing you've found the right place.

Four generations later, the Bedkes are as much a part of Oakley as the capital letter "O,"

and around 200 of them converged on the small town this weekend along with hundreds of Dayleys, more Cranneys than you would care to count, and fair share of Petersons, Smiths and Mabeyes.

All were here for Oakley's Pioneer Days, to celebrate history, tradition and most of all family. The celebration ended with a rodeo and fireworks Saturday night, but not before the valley's long-time dwellers battled for belt buckles and bragging rights in the 13th annual family team-sorting competition.

The Bedkes were well-represented; they fielded four teams. Great-grandson (and father) Eric Bedke's crew didn't do so well.

"The horses were a little green," he explained, smiling. Fifteen-year-old Katlyn Peterson entered with her dad

and her uncle. She's been riding since she was four.

Garth Greenwell recruited his son-in-law and niece. The Greenwells have some catching up to do though, tradition-wise.

"I'm still a foreigner here," he said. "But I've been here 30 years."

"I think they've accepted us as Oakleyites," he added. Verified Oakley Valley native Linda Zollinger - her grandpa was born near here in 1888 - competed as well, and celebrated Pioneer Days with several other generations of Zollingers.

"How many people are we related to around here?" she asked the few relatives that had gathered around before the rodeo. "Thousands," came the reply.

Gregory Hahn is The Times-News' Mini-Cassia bureau chief and can be reached in Burley at 677-4042.



Garth Greenwell, in the middle, talks strategy with his niece Laurie Greenwell and son-in-law Cameron Smith before the family team sorting competition Saturday at the Oakley Pioneer Days celebration.

VALLEY IN BRIEF

Hailey Council plans hearings

HAILEY - The Hailey City Council will hold two public hearings at 6 p.m. today in the Hailey Town Center meeting room.

Gale Forley has appealed a planning and zoning commission decision which required paving the alley and placing landscape screening planters at the rear of 416 S. Main St. as conditions of design-review approval of a new commercial building.

An amendment is proposed to the Hailey comprehensive plan's section on recreation. Adoption of a recreation master plan is proposed. The council today also will deal with airport issues and read ordinances regarding Pine Street vacation, planning and zoning bylaws and a public-use text amendment.

Ketchum planners continue talk

KETCHUM - Public hearings are on the agenda of the meeting of the Ketchum Planning and Zoning Commission today. The meeting starts at 5:30 p.m. at City Hall and is open to the public.

At 5:35 p.m. will be a public hearing on Puckmasters' application for a conditional-use permit for a recreational use at a lot in the Trail Creek Hollow subdivision.

At 6 p.m. will be a public hearing on Andy Scherhammer's application to subdivide a lot on Warm Springs Road.

There also will be the continuation of a public hearing on the application of Sawtooth Development for a conditional-use permit to develop a 44-unit residential planned-unit development at Warm Springs Road.

ing on the application of Sawtooth Development for a conditional-use permit to develop a 44-unit residential planned-unit development at Warm Springs Road.

Elmore officials will finalize budget

MOUNTAIN HOME - Elmore County commissioner plan to finalize the county budget when they meet beginning at 9 a.m. today.

Also this morning, they'll consider a resolution on nonmedical assistance; a liquor license for the Featherville store; a closure plan for Prairie Landfill; a juvenile justice grant; and jail programs. An executive session is set for indigent applications. In the afternoon, commissioners will meet with elected officials and will consider C.J. Strike licensing and a juvenile employees contract.

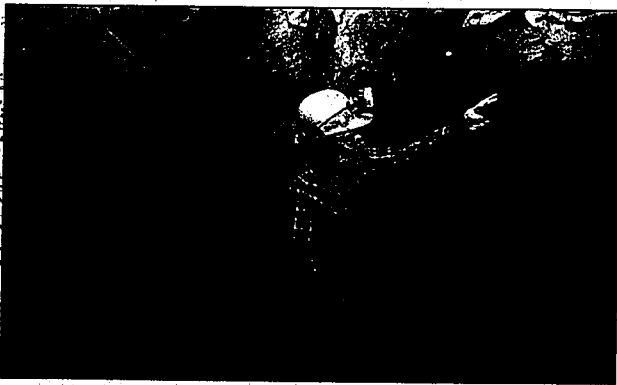
Dietrich schools look at bonus

DIETRICH - The Dietrich School Board will continue its annual meeting at 7:30 p.m. today in the school district's business room.

Also, board business on the agenda includes facilities, purchase of a scraper, extra-duty salaries, \$1,000 bonus for master's degrees, length of patron comments, food service fees and late fees for school bills.

The public is welcome, but an executive session also is scheduled for a personnel or student matter.

Compiled from staff reports



Neal Twitchett's mine abruptly ends about 700 feet into the shaft after a cave-in cut its length in half.

Gold

Continued from B1

want to lock it up.

"I guess that's why I live up here where I do now."

He lives alone - except for winters with daughters in Idaho Falls - and likes to be alone.

The two Bureau of Land Management fire trucks that came to his rescue in 1996 were well-come, but Neal is wary of most other visitors. He may let you visit Badger Mine, but lock the gate at the bottom of the mountain when you leave.

But I got a warm reception: A hug in greeting, and a wild columbine sprig picked halfway up the rocky, aspen-shaded drive

to the mine. Neal showed my companion where to pick wild roses.

As a pink cushion held him mostly on top of his rocking chair's busted seat, Neal told of the Elba Valley's mining history and cattle operations: His stories included his stonemason grandfather sent here in the 1880s to build academies, and the mountain lion that stared through

Neal's windows.

For the story of the miner who was thawing dynamite on a stove door when he shot a pistol at a pack rat, Neal presented rusty proof: Shreds of the stove scattered near his mine's mouth.

He sent a shiny hunk of lead ore with me and didn't seem reluctant to be in a newspaper. His requests: Do me justice, and send me a copy.

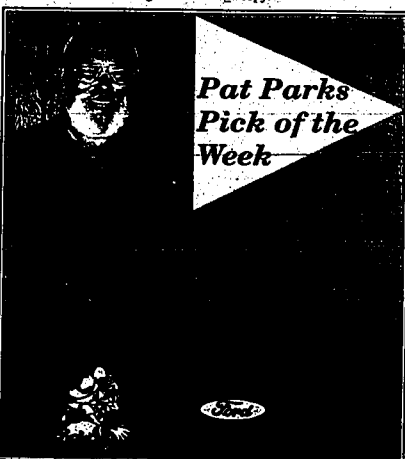
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For more information, call 733-0931.

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MINIDOKA COUNTY FAIR AUGUST 3-8

AND THE

CASSIA COUNTY FAIR AUGUST 10-15



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MORNING LINE

SPORTSQUOTE

“He runs kind of like a Clydesdale... who’s pregnant. He was laboring, but he made it.”

—Twin Falls coach Mike

Federico, after Chris Scherbinske scored from first on a double by Chase Quessell to win their American Legion baseball game with Minico

TODAY'S SCHEDULE

Golf

Idaho Open at Jackpot, Twin Falls Municipal GC
• Invitational Sponsor Pro-Am (Jackpot), 9 a.m.
• Junior clinic registration (TF), 2 p.m.
• Junior clinic (TF), 3 p.m.
• Charity Skins Game (TF), 5 p.m.

IN BRIEF

McDowell makes finals, falls to No. 3

SONOMA, Calif. — Jerome professional drag racer Mitch McDowell recently raced at the NHRA California Nationals in his 1998 Dodge Avenger Funny Car. McDowell advanced past the qualifying rounds and into the finals, where he fell to third-ranked Whit Bazemore. Next weekend, McDowell will compete in his third national event in as many weeks, in Seattle for the NHRA Northwest Nationals.

Blue Lakes CC finishes Ladies Invitational

TWIN FALLS — Blue Lakes Country Club wrapped up its two-day Ladies Invitational this weekend, with the team of Marcia Rankin, Liz David, Connie Smart, and Judy Hinds taking first place gross honors. The team of Reta Detweiler, Linda Ritchie, Larie Hicks and Kaylyn Hamblin took first place net honors.

Locals take honors at national high school rodeo

GILLETTE, Wyo. — Jerome's Buster Prescott and Rupert's Dusti Rogers were among the winners in the final round of competition Sunday at the National High School Finals Rodeo. Prescott added a 149 to his total, which gave him a share of the overall boys' cutting title with Wyoming's Ian Welles at 145. Rogers took second in Sunday's goat tying competition with an 8,078. Caldwell's Angelene Manning placed fourth overall in girls cutting with a 438.5, and Pocatello's Lyndsie Brower took third in overall breakaway roping with a 9,806. Megan McLeod of Star, Idaho, added a 17.175 to her total to take second in overall barrel racing with a 51,788, and earn her second place in the rookie cowgirl competition with 520 points. Texas finished first in the team standings with 4,641.11 points, followed by Utah (4,401.11), Colorado (3,920.83), Wyoming (3,482.83) and Oklahoma (3,252).

Hamblin, Jenkins win

Member-Guest tournament

TWIN FALLS — Host pro Mike Hamblin and Gary Jenkins shot a two-day 118 to win gross honors at the Dave's Dairy Queen Member-Guest tournament at Twin Falls Municipal Golf Course Sunday. Tom Webster and Preston Hafer, led with a net 116. In the championship flight, Doyle and Mickey Dugger won with a gross 125, one stroke ahead of Carl Sklavos and Roger Harris. James Ray and Bob Roberts' net 111 beat Bob Wildman, Jr. and Gregory Rolland by two strokes and Ron Shockey and Carey Zebarth by 2.5 strokes. In the first flight, Jesse Hernandez and Gary Schwenkfer shot a gross 133, seven strokes ahead of John and Dick Irwin. Corley Federico and Todd Jones' 113 won net honors ahead of a two-way tie between Danny Hite/Tracy Harr and Joe Thiel/Kristi Olsen at 116.

Compiled from staff and wire reports

SEA OF SPUDS



Triathletes take off swimming during the start of the 12th annual Lions Spudman Triathlon at Riverfront Park this weekend in Burley. The race consisted of a one-mile swim, 25-mile bike ride and 6.2-mile run.

Top-seed Reds end Cowboys' season

The Times-News

POCATELLO — The Twin Falls Cowboys tallied 35 wins, 10 come-from-behind victories, and a berth in the district semifinals during the summer.

But after a 5-3 loss to the District 3 tournament's top-seeded Idaho Falls Reds, coach Mike Federico pointed to his players' off-field antics.

"This team represented itself and its families and the city of Twin Falls well," Federico said. "They were very well-behaved and walked around with class and pride. I was real proud of this team and had a lot of fun with them."

A little class was needed to the tournament after an ugly brawl disrupted Saturday night's late game between the Reds and rival neighbor Pocatello.

With the Rebels ahead, 18-13 in the seventh inning of the nine-inning game, a Pocatello player had words with the Reds' catcher and a fight

ensued, clearing both benches.

The fighting was not limited to the diamond.

"In the stands, there were two moms fighting, and two dads physically fighting," Federico said.

When order was restored, the outfield sprinkler system came on, and the only way to turn off the water was to cut all power.

When the lights came back on, roughly 20 minutes after they were shut off, umpires issued ejections and the Rebels were forced to forfeit the game due to lack of players.

"That (hurt) us, because we would have been playing Pocatello and they had no pitching left," Federico said.

A source told the *Times-News* that three Pocatello pitchers left the team last week.

What the Cowboys (35-14) had to face in Sunday's semifinal was tough enough: Kevin Gernand allowed a hit to Dillon Mayes and a bunt single to Joe Durham after throwing four perfect innings.

"Gernand pretty much dominated the game," Federico said. "We had trouble getting guys on all day. We had the bases loaded once, but couldn't get anything done."

Hall's doors open for Doby, Sutton

The Associated Press

COOPERSTOWN, N.Y. — More than a half-century ago, major league baseball wanted no part of Larry Doby.

On a glorious summer Sunday, he received the greatest honor his sport can offer.

"If someone had told me 52 years ago that I would be standing here, being honored by the Hall of Fame, I wouldn't have believed it," Doby said. "I thank God I've lived long enough."

The 74-year-old Doby, the first black to play in the American League, was inducted with former Los Angeles pitcher Don Sutton and three others.

Doby broke in with the Cleveland Indians 11 weeks after Jackie Robinson had broken baseball's color barrier with the Brooklyn Dodgers in the summer of 1947. Doby was always overshadowed by Robinson, not that it mattered to him.

"When I look back and think about things that were probably negative, you put those things on the back burner," said Doby, who had 253 career homers, 969 RBIs and won two AL home run titles in his 13-year career.

"You're proud and happy that you've been a part of integrating baseball to show people that we can live together, work together, play together; and we can be successful together," he said.

Sutton, the only player elected this year by the Baseball Writers' Association of America, thanked the ballplayers, coaches



Larry Doby



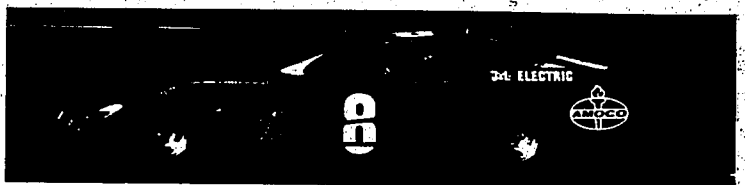
Don Sutton

and managers on the five teams he played for in his 23-year pitching career.

Sutton became the 233rd member of the Hall and its 176th player. He was with Los Angeles from 1966-80 and again in 1983, also spending time with the Houston Astros, Milwaukee Brewers, Oakland Athletics and California Angels.

Doby was elected in March by the Veterans Committee, which also picked former Negro leagues star "Bull" Joe Rogan, a pitcher and outfielder for the Kansas City Monarchs; George Davis, a hard-hitting shortstop in the dead ball era who spent most of his career with the New York Giants and Chicago White Sox; and former AL president Lee MacPhail, who joined the Hall for his media accomplishments.

Also entering the Hall for his media accomplishments were Jaime Jarrin, the Spanish voice of the Los Angeles Dodgers for the past 40 years, and Sam Lacy.



Scott Lynch won his third feature division race at Magic Valley Speedway Saturday

Lynch wins 3rd feature division race

By Lynn Bald
Times-News correspondent

TWIN FALLS — Scott Lynch started in the fourth position Saturday in the Mountain Dew Modified 50-lap main event at Magic Valley Speedway. By the 10th lap, he had taken the lead for good.

Travis Kidd led the early laps, followed by Brett Thompson, before being passed by Lynch. Bruce Quale took second place, followed by John Newhouse, Eldy McKean and points leader Travis Metz, who had the fastest time (15.34 seconds) in the time trials.

The A heat went to Harold Warhuff, followed by Newhouse and Metz. The B heat went to Rick Corbridge, trailed by Lynch and Kidd.

The Late Model Lites made their only 1998 appearance at the Speedway and local driver Curt Campbell picked up

the win. Second- and third-place finishers Jeff Keller and Kevin Winders were side by side with Campbell as they crossed the finish line to complete the 35-lap main event.

Rounding out the top five were Bruce Renniman and Daren Amundson. Keller won the A heat ahead of Campbell and Renniman, while Amundson took the B heat over Don Curtis and Donny Griewe.

Stephen Ellifrits won his first main event of the season for the NAPA Auto Parts Pony Stock. He finished ahead of Bill Miller, Shawn Nice, Ryan Stapelman and David Caldwell, Jr.

Stapelman won the A heat, followed by Ellifrits and Miller. Troy Carothers passed Russell Hoffman coming to the finish line to win the B heat. Darrin Strickland finished third.

Dailey Queen Thunder Stock action was on and off track, as usual. When the

Marlins give solid showing

By John Derr
Times-News writer

TWIN FALLS — It was smiles all around as the swimmers touched the wall Sunday in the final event of the Snake River Swimming Championships at the Twin Falls City Pool.

The meet, put on entirely by volunteers, ended three days of jam-packed action featuring over 600 races. The Boise V swim team came in first while the Magic Valley Marlins finished third.

The meet also marks the end of the season for the 31 magic-valley swimmers who competed. Their break is not a long one though, as the team members begin 6:30 a.m. practices when school starts.

"We had lots of kids make the finals. It has been fun to watch," said co-coach Shelly Hope.

Eleven-year-old Nikki Hollon, who qualified for zones on Saturday, finished with seven first place ribbons, a second and a fourth.

"I think I did a good job for my last meet as an 11-year-old," said Hollon, who turns 12 on August 1. "This is my first time going to zones, so I am really nervous."

Jacob Carroll dominated the events last year, but moved up an age group to the 13-14-year-olds this year. He made the finals in every event, finishing fourth or better.

"It was a big challenge moving up, but I feel pretty cool. Hard practices and good coaches made the difference," said Carroll, who will enter the eighth grade at O'Leary this fall.

In the 8-and-under category, Michael Dehoney captured four firsts and a second.

Sun Valley Swim Club finished fifth in the team standings and had several strong performances on Sunday. Mollie Parker captured gold in the 100-meter backstroke 11-12 while Amanda Harris did the same in the 50-meter freestyle. Harris also finished second in the 50-meter freestyle while Christine Cordeau took second in the 13-14 event.

Other Marlins results from Sunday included Casey Tucker (13-14) finishing second in the 1500; Amanda Blalock (11-12) fifth in the 50-meter freestyle; and Greggory Hollon (9-10) finishing fourth in the 50-meter freestyle and second in the 50-meter butterfly.

"It is amazing how much work these kids can do," said co-coach Frank Dehoney. "They swim an average of 7,000 meters a day and most of the swimmers have 3.5 grade point averages or higher."

On Saturday night, John Twiss — who coached the Marlins for five years before moving to Boise to continue his education — was awarded the Phillips 66 Award for outstanding service. Dehoney gave him the credit for the outstanding performance of the swimmers this weekend.

Pool Team Results:
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McGwire slams 43rd, ends slump

DENVER (AP) — Mark McGwire ended an 0-for-16 slump with his major league-leading 44th homer as St. Louis snapped Colorado's five-game winning streak with a 3-1 win.

The homer, a 432-foot shot in the fourth inning, broke the Cardinals' mark of 43 set by Johnny Mize in 1940 and was McGwire's first since last Monday as he added to his major league record for home runs before Aug. 1.

It was McGwire's only hit of the game — he went 1-for-4 — and his first hit of any kind since last Monday. His 0-for-16 drought was his longest of the season.

Dodgers 5, D'backs 3

LOS ANGELES — Matt Luke and Eric Karros homered and Ismael Valdes pitched five scoreless innings before leaving with an injury as the Los Angeles Dodgers beat the Arizona Diamondbacks.

Four relievers combined to help Valdes (9-3) win three consecutive games for the first time since August. The right-hander gave up four hits before straining a muscle in his left side while warming up for the sixth. He will be re-evaluated on Monday.

Andy Fox had three hits for Arizona, including a bases-loaded, two-run single in the eighth that narrowed the gap to 5-2.

Padres 5, Astros 4

SAN DIEGO — In 41 straight save chances, Trevor Hoffman had been perfect. Then on one pitch, his streak ended and so did his bid to set a major league record.

The San Diego closer gave up a home run to Moises Alou on his first delivery in the ninth inning Sunday, tying the game. The Padres wound up beating Houston 5-4 in the 10th, but Hoffman blew his chance at history.

Hoffman, who had recorded 33 saves this season, had not blown a save chance since last Aug. 22. The Padres won in the 10th on Andy Sheets' RBI single with two



Houston Astro Craig Biggio slides between the legs of San Diego Padres third baseman Ken Caminiti while advancing from first on a single in the first inning of their game Sunday in San Diego. Biggio scored the first Astro run moments later.

Giants 2, Reds 1, 10 Inn.

SAN FRANCISCO — Jeff Kent hit reliever Stan Belinda's second pitch for a home run in the 10th inning, giving the San Francisco Giants a victory over the Cincinnati Reds.

After Cincinnati's Brett Tomko two-hit the Giants over a career-best nine innings, Belinda (4-7) allowed Kent's fourth homer in three games and 13th of the year, a drive into the left-field bleachers.

Jose Mesa (1-0) struck out the side in the 10th for his first victory since joining San Francisco on Friday. It also marks the first series the slumping Giants have won since the All-Star break.

Cubs 3, Mets 1

CHICAGO — Sammy Sosa hit his 38th homer and Kerry Wood remained unbeaten at Wrigley Field as the Chicago Cubs downed the

New York Yankees in the 10th game lead in the NL wild-card race. With the Cubs trailing 1-0 in the sixth, Sosa drove a 2-2 pitch from Rick Reed (11-7) into the shrubbery beyond the center-field wall, following a one-out walk to Jose Hernandez.

Wood (10-5) allowed four hits in seven innings and ran his home record to 7-0 in nine career starts at Wrigley. The rookie walked three, struck out six and gave up Brian McGriff's 15th homer in the third.

Rod Beck pitched the ninth for his 31st save, converting 14 straight chances.

Phillies 10, Marlins 9

PHILADELPHIA — Kix Brooks hit a sacrifice fly in the bottom of the ninth inning and the Philadelphia Phillies rallied from an early seven-run deficit to beat the Florida Marlins.

Todd Zeile's two-run homer and RBI single helped the Marlins take a 7-0 in the third inning. But the

National League

Phillies struck for their 32nd comeback win of the season, including their second victory after trailing by seven runs.

Philadelphia won three of four games in the series, all three by comeback. Scott Rolen homered and drove in four runs for the Phillies.

Mark Leiter (5-2) was the winner and Antonio Alfonseca (2-5) took the loss.

Braves 2, Pirates 1

PITTSBURGH — Greg Maddux extended his four-year winning streak against Pittsburgh, repeatedly squirming out of jams before Andres Galarraga's go-ahead single in the eighth inning gave the Atlanta Braves a victory.

Maddux (14-4), who had lost two of his previous three decisions, made certain he didn't lose consecutive starts for the first time this season by limiting the Pirates to a run on four hits and two walks.

Maddux improved to 5-0 in nine starts since last losing to Pittsburgh on April 30, 1994.

Kerry Ligtenberg pitched the ninth for his 13th save. Former Braves teammate Jason Schmidt (8-8) lost his seventh in a row.

Brewers 6, Expos 5

MILWAUKEE — Bob Hamelin and Jeff Cirillo hit home runs and Darin Jackson doubled home the deebreaking run in the eighth inning, lifting the Milwaukee Brewers over the Montreal Expos.

The Brewers overcame an injury to starting pitcher Cal Eldred. He left the game because of a strained right arm after throwing one warmup pitch before the second inning.

With the score 5-4 in the eighth, Jeremy Burnitz drew a one-out walk from Shayne Bennett (3-4), moved up on a groundout and scored. Jackson's drive to right-center field.

Bob Wickman (5-5), who started the eighth, won in relief for the second straight day.

Inside-the-park HR by Nomar pales Sox

American League

BOSTON (AP) — Nomar Garciaparra hit a three-run inside-the-park homer, and Pedro Martinez pitched seven scoreless innings Sunday to lead the Boston Red Sox to a 6-3 victory over the Toronto Blue Jays.

Martinez (14-3) gave up six hits and one walk, he struck out six and allowed only two batters as far as third base before leaving with a 5-0 lead. He won for the eighth time in nine starts.

Pat Hentgen (9-8) allowed five runs on 10 hits and two walks in seven innings. He lost his fourth straight decision.

Royals 9, Angels 4

KANSAS CITY, Mo. — Jose Offerman extended his hitting streak to a career-high 15 games with a single during a five-run first inning and the Kansas City Royals beat the Anaheim Angels.

Offerman doubled, went to third on a sacrifice fly and reached base in 16 of his last 22 plate appearances. Dean Palmer and Jeff Conine each drove in two runs for the Royals.

The AL West-leading Angels fell to 7-15 in July. Anaheim's Garret Anderson stretched his career-high hitting streak to 23 games — one behind Garciaparra for the longest in the AL this season.

The Royals had six straight one-outs in the first against the Olives (5-7). Jose Rosado (5-8) was the winner.

Twins 11, Rangers 3

MINNESOTA — Todd Walker knocked his team with four more hits, including a three-run homer, and the Minnesota Twins beat the Texas Rangers for their third three-game sweep of the season.

Walker, who has reached base in his last 10 plate appearances, finished the six-game homestand 15-for-20 and raised his average to .352.

Marty Cordova homered and drove in four runs for Minnesota. — Just the second hit his 31st homer — a two-run shot in the Texas sixth. His only hit of the series increased his major league-leading RBIs total to 116.

LaTroy Hawkins (7-9) was the winner and Rick Helling (13-6) took the loss.

Yankees 6, White Sox 3

NEW YORK — Bernie Williams' tiebreaking solo homer triggered a three-run sixth inning that carried the New York Yankees over the Chicago White Sox.

David Wells (12-2) allowed three runs and seven hits with 10 strikeouts in 7 2/3 innings, improving to 8-0 in 10 starts at home. New York is 73-26, the best 99-game start ever

for a Yankees team. They are one win off the pace of the 1902 Pittsburgh Pirates for the best start this century.

Scott Brosius added a two-run single in the sixth to make it 6-3 and finish off White Sox right-hander Jamie Navarro (8-12).

Albert Belle hit his 31st home run for the White Sox. Jorge Posada hit a two-run homer for New York.

Mariners 10, Orioles 4

BALTIMORE — Ken Griffey Jr. stole a career-high three bases and scored three runs as the Seattle Mariners handed the Baltimore Orioles their second straight loss.

Griffey went 1-for-2 with three walks but did not homer for a third straight game and remained at bat for the season. He had 10 steals in 12 attempts before having a perfect day against Baltimore catcher Lenny Webster.

David Segui went 4-for-5 with two RBIs and the Mariners scored five unearned runs en route to their ninth win in 12 games. Seattle won the series 2-1 to end the Orioles' string of five straight series wins.

B.J. Surhoff homered for the Orioles, who won 14 of 15 before losing successive games for the first time since the All-Star break.

Jamie Moyer (8-7) won his third straight decision. Scott Erickson (11-8) had his three-game winning streak stopped.

Tigers 8, Indians 1

CLEVELAND — Switch-hitter Tony Clark hit home runs from both sides of the plate to help Brian Moehler earn a rare road victory as the Detroit Tigers beat the Cleveland Indians.

Moehler (11-7) allowed one run in 6 2/3 innings. The right-hander, 5-0 at home, improved to 2-7 on the road.

Dwight Gooden (3-6) lost his third straight start.

Devil Rays 3, Athletics 1

ST. PETERSBURG, Fla. — Wilson Alvarez won for the first time in over two months and Fred McGriff hit a two-run homer as the Tampa Bay Devil Rays equaled a season-best four-game winning streak with a victory over the Oakland Athletics.

McGriff's third-inning shot off Tom Candiotti (5-13) broke a 1-1 tie. Alvarez (5-8) allowed one run and three hits in seven innings.

Mike Blowers matched an 0-for-27 slump with a second-inning homer as the A's snapped a season-worst six-game losing skid.

Esterban Yan pitched two perfect innings for his first career save.



Hale Irwin reacts as he misses a birdie putt on the 17th hole during the final round U.S. Senior Open Sunday at Riviera Country Club in Los Angeles. Later, Irwin birdied the 18th hole to win the tournament.

Irwin birdies final hole, wins U.S. Senior Open

LOS ANGELES (AP) — Hale Irwin's worst round of the year to start the 19th U.S. Senior Open put him in desperation mode.

He rebounded like a champion. Irwin, who has dominated the Senior Tour since 1996, made birdie putts on the 16th and 18th holes to complete a round of 2-under-par on 69 Sunday, giving him a one-shot victory over Vicente Fernandez, who closed with a 68.

Irwin's 72-hole total of 285 on rounds of 77-68-71-69 was 1-over-par on the rugged 6,906-yard, par-71 Riviera Country Club.

Raymond Floyd, who led following each of the first three rounds, was alone in third place at 287 after finishing with a 74.

Irwin, the pre-tournament favorite, won despite carding a 6-over-par 77 on Thursday, leaving him seven shots off the pace.

Car crash, bad hole can't stop Pate

SUTTON, Mass. — A car crash in the desert left Steve Pate wondering if he could win again. Those doubts ended Sunday despite three consecutive three holes to the rough on the 18th hole.

Pate had enough of a cushion to

Golf

absorb a bogey 6-on the 583-yard hole and "win" the CVS Charity Classic at 15-under-par 269, one stroke better than Scott Hoch and Bradley Hughes.

"It would have been nice to have a little prettier finish," said Pate, who hadn't won since the 1992 Buick Invitational, "but the result is just as good."

It's a result he thought he might never achieve after he drove his Acura Legend into the back of a slower-moving truck. "I had road hynosis" — on a California highway on his way home from the Phoenix Open in January 1996.

Hoch, playing at Pleasant Valley for the first time since 1982, had a 65, and Hughes, who birdied the last four holes, shot 66. Nolan Henke (67), Mike Helmen (67) and third-round co-leader Willie Wood (70) were two strokes off the pace at 271 on the 7,110-yard course.

Pepper misses birdie putt, playoff with Pak

HOWLAND, Ohio — Se Ri Pak still doesn't think she's one of the top golfers in the world. Her latest result says otherwise.

The unflappable 20-year-old rookie birdied the final hole and then watched as Dottie Pepper missed a 4-foot birdie putt that would have forced a playoff, giving Pak a one-shot victory Sunday in the Giant Eagle LPGA Classic.

It was Pak's fourth victory of the season and her third in her last four tournaments.

The victory again put Pak into the No. 1 spot on the LPGA money list. She has finished in the top 10 in only four tournaments — winning each one.

Pepper, seeking her 15th career victory and first in 45 tournaments, rolled in a 5-foot birdie putt on the 17th hole to catch Pak at 14-under.

On No. 18, Pak hit a fairway wood for her second shot on the 451-yard, par-5 hole that hit on the front edge of the green and rolled 15 feet short and right of the cup.

Pepper, playing one group behind Pak, was watching from the fairway as Pak just missed the eagle putt but tapped in for birdie to cap a 5-under-par 67 and finish at 15-under 201.

Davies wins in Sweden to end 10-month slump

GÖTEBORG, Sweden — Laura Davies ended a 10-month winless slump with a six-shot victory Sunday

in the Chrysler Open, a European tour event.

The overnight leader by two shots, Davies three-putted for her only bogey of the day on the 14th hole. But she eagled the 15th and had a birdie on the 16th in tough, windy conditions en route to a 3-under-70.

Davies finished at 284, 8-under-par, on the Sjogarde Golfklubb course. Another Briton, Trish Johnson, also closed with a 70 to share second with Rafael Carriedo of Spain, who shot a 73. Last year's U.S. Open champion, Alison Nicholas of Britain, also had a 73 and was alone in fourth at 291.

Steven Loney captures Dutch Open

HILVERSUM, Netherlands — Australian Stephen Loney held off a late challenge from Northern Ireland's Darren Clarke to win the Dutch Open golf by a single stroke Sunday.

Loney survived a bogey on the 11th hole and fired a 67 to finish at 18-under-par 266 and capture his second European PGA event of the year, following the Moroccan Open.

Playing in almost perfect conditions, Clarke never pulled even with Loney, who shot a career-best, equaling 8-under 63.

Spain downs U.S. to reach Fed Cup final

MADRID, Spain (AP) — Spain knocked the United States out of the Federation Cup semifinals Sunday when Arantxa Sanchez Vicario and Conchita Martinez beat Lisa Raymond and Mary Pierce 6-4, 6-7 (5-7), 11-9 in doubles for a 3-2 victory.

The match lasted 3 hours, 40 minutes and finished under floodlights before a boisterous home crowd waving red and yellow Spanish flags.

Agassi becomes 4-time winner at Legg Mason

WASHINGTON — Andre Agassi won a record fourth Legg Mason Tennis Classic title Sunday, needing just 50 minutes — the fastest final match on the ATP Tour this year — to defeat Scott Draper Australia of 62-60.

The second-seed Agassi, scheduled to play in Los Angeles this week, has rights set on the last Grand Slam of the year — the U.S. Open starting Aug. 31.

"If I'm playing like this, I feel like I can win the U.S. Open," Agassi said. "There's no question in my mind it's in my wheelhouse."

McEnroe serves up victory over Connors

BLOOMFIELD HILLS, Mich. — John McEnroe hit four aces in the Champions Tennis to defeat Jimmy Connors 6-2, 6-2, 10-5 Sunday and capture the Mentatend Joe Dumars Champions senior tennis tournament.

It was the 40th time McEnroe and Connors have met during their careers. McEnroe won 23 of their 33 on the men's tour, but trails 3-4 on the senior circuit.

Kuerten rallies to win Mercedes Cup

STUTTGART, Germany — Brazil's Gustavo Kuerten captured his first title since the 1997 French Open when he defeated Karol Kucera of the Czech Republic Sunday when he edged Karol Kucera at the Mercedes Open.



Spain's Arantxa Sanchez, center, hugs her partner Conchita Martinez, after they beat the United States' Lisa Raymond and Mary Fernandez 6-4, 6-7 (5-7), 11-9 in their Fed Cup doubles match in Madrid Monday. Spain beat the U.S. 3-2.

Tennis

Kuerten, pouncing on the Slovakian's weak second serve, came from a break down in the final set to win 4-6, 6-2, 6-4 at the \$1.04 million event.

Marcelo Rios pulls out of Austria tournament

VIENNA, Austria — Marcelo Rios has withdrawn from next week's tournament in Kitzbuehel because of an injury, the Austrian Press Agency said Sunday.

Rios, the world's second-ranking player, was suffering from a pulled thigh muscle and a second-injury to his right knee.

The Chilean plans to travel to New York for treatment. He hopes to return to the ATP tour in Cincinnati on Aug. 10.

SPORTS

Aussie wins Tour stage as Alps loom

GRENOBLE, France (AP)—With the Alps ahead and a sit-down strike by the riders behind, the Tour de France returned to the business of racing Sunday.

Stuart O'Grady of Australia, the overall leader for three days earlier in the race, used his sprinting ability to capture the 15th stage in 4 hours, 30 minutes, 53 seconds.

LE TOUR 98 FRANCE July 27 - Stage 15 Grenoble - Les 2 Alpes

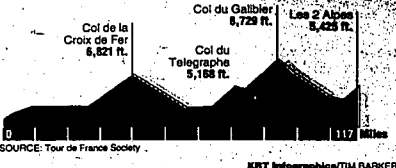


"Every day has his day and I've had a good couple of weeks," O'Grady said.

Defending champion Jan Ullrich maintained the overall lead, 71 seconds ahead of Bobby Julich of the United States.

Denmark's Peter Meinert-Nielsen came in fourth, the second straight top-five finish for a member of the U.S. Postal team.

The 116-mile stage from Valere to Grenoble was the last before the Alps. With temperatures at 86 degrees, the favorites



SOURCE: Tour de France Society

conquered their strength with the Alps ahead.

Today's 116-mile stage to Les Deux Alpes features four major climbs (see graphic), and Ullrich is counting on his teammates to speed the pace of the pack.

"The spirit on the Telekom team is optimal and physically the team is at 100 percent," Ullrich said. "There are people who I have worked for and I know they will work for me now."

Ullrich came in 37th on the day without losing any time to his rivals. The biggest jump came from Meinert-Nielsen, who jumped to 46th in the overall standings, still 28 minutes behind Ullrich.

BASEBALL

All-time standings

Team	W	L	Pct.
New York Yankees	147	93	.613
San Diego Padres	103	139	.425
Los Angeles Dodgers	103	139	.425
St. Louis Cardinals	103	139	.425
San Francisco Giants	103	139	.425

MARINERS 30, ORIOLES 4

Box Score

	AB	R	H	E
Mariners	30	3	10	1
Orioles	30	0	4	2

YANKEES 5, WHITE SOX 0

Box Score

	AB	R	H	E
Yankees	9	5	10	0
White Sox	9	0	4	1

RED SOX 6, BLUE JAYS 3

Box Score

	AB	R	H	E
Red Sox	9	6	10	0
Blue Jays	9	3	4	1

ATLANTA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Atlanta	9	7	10	0
Pittsburgh	9	3	4	1

DETROIT 7, INDIANS 1

Box Score

	AB	R	H	E
Detroit	9	7	10	0
Indians	9	1	4	1

ST. LOUIS 7, CLEVELAND 3

Box Score

	AB	R	H	E
St. Louis	9	7	10	0
Cleveland	9	3	4	1

PHILADELPHIA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Philadelphia	9	7	10	0
Pittsburgh	9	3	4	1

ATLANTA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Atlanta	9	7	10	0
Pittsburgh	9	3	4	1

ON THE AIR

TELEVISION

Auto racing, CART U.S. 500
WNBA basketball, Los Angeles at Cleveland
Goodwill Games
Baseball, Pirates at Rockies
Baseball, Tour de France
Baseball, Tour de France

PHILADELPHIA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Philadelphia	9	7	10	0
Pittsburgh	9	3	4	1

ATLANTA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Atlanta	9	7	10	0
Pittsburgh	9	3	4	1

DETROIT 7, INDIANS 1

Box Score

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Detroit	9	7	10	0
Indians	9	1	4	1

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St. Louis	9	7	10	0
Cleveland	9	3	4	1

PHILADELPHIA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Philadelphia	9	7	10	0
Pittsburgh	9	3	4	1

Joyner-Kersey says farewell

EDWARDSVILLE, Ill. (AP)—Jackie Joyner-Kersey could hold it back for only so long. She made it through the final long jump and through the end of the world's greatest female athlete had finally stopped running and jumping.

At a meet billed as "Track and Field's Farewell to Jackie Joyner-Kersey," she took one last victory lap Saturday night, carrying an Olympic torch and accompanied by a group of youngsters from her hometown just 20 miles away.

"I didn't want it to end," she said, her voice choked. "But I told myself, 'Jackie, you can't go on forever.' I knew the day would come. I hate that I have to leave. I have a real regret."

"To me, it was special that I ended like this. It made me feel like I was blessed," she said. "I'm happy also because a lot of my friends and family were here to see me compete."

A crowd of 9,100 nearly filled

16,000-seat Ralph Korte Stadium at Southern Illinois-Edwardsville for the U.S. Open, including about 3,000 youngsters from poverty-stricken East St. Louis, where Joyner-Kersey was born.

Appropriately, she wore uniform No. 1.

There was no Hollywood-style ending, however. She finished sixth in the long jump, but none of her fans seemed disappointed.

"It's almost like an extended family," said the 36-year-old Joyner-Kersey. "It's always a lift when people are willing to give it their time. Even as I was struggling, I felt they didn't care what the result was."

"The kids were yelling, 'We love you, Jackie.' That's some thing. They don't even know who I am."

They knew.

To many, Joyner-Kersey was their hero, a role spectator who wanted to be part of the historic event.

hometown—the kinds of opportunities afforded me as a youngster," she said.

As the meet began and Joyner-Kersey appeared on the field to warm up, she waved to the crowd and the fans responded with banners, signs and placards. One read, "Thanks For the Memories." Another said, "JK—We Love You."

The warmth and affection enveloped the stadium.

Tamekia Howard of St. Louis, a 400- and 800-meter runner at the Lincoln University, recalled meeting Joyner-Kersey at a high school meet.

"She was very inspiring," the 19-year-old said. "She told us we could never give up, always strive for the best, and never let anything stop you in what you want to do."

Eileen O'Brien, 53, of St. Louis, was another spectator who wanted to be part of the historic event. "I admire her because of all the work she's done in the community," O'Brien said. "She's a great athlete, and she's the world's fastest woman. I wanted to see her last meet. I wanted to support her."

SCORES AND STATS

CARDINALS 3, ROCKIES 1

Box Score

	AB	R	H	E
Cardinals	9	3	10	0
Rockies	9	1	4	1

WILSON 7, ST. LOUIS 3

Box Score

	AB	R	H	E
Wilson	9	7	10	0
St. Louis	9	3	4	1

ATLANTA 7, PITTSBURGH 3

Box Score

	AB	R	H	E
Atlanta	9	7	10	0
Pittsburgh	9	3	4	1

DETROIT 7, INDIANS 1

Box Score

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Detroit	9	7	10	0
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Atlanta	9	7	10	0
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Box Score

	AB	R	H	E
Atlanta	9	7	10	0
Pittsburgh	9	3	4	1

BASKETBALL

WNBA standings

Eastern Conference

Team	W	L	Pct.
New York Liberty	12	8	.600
Charlotte Sting	10	10	.500
Washington Mystics	8	12	.400
Atlanta Dream	6	14	.300

Western Conference

Western Conference

Team	W	L	Pct.
Los Angeles Sparks	12	8	.600
Seattle Storm	10	10	.500
Phoenix Mercury	8	12	.400
San Antonio Silver Stars	6	14	.300

RACING

U.S. 500

Top 10

Driver	Team	Time
Jeff Gordon	Goodwrench	1:28:00.000
Ricky Craven	Goodwrench	1:28:00.000
Dale Earnhardt	Goodwrench	1:28:00.000
Kurt Busch	Goodwrench	1:28:00.000

TENNIS

Fed Cup

World Group

Team	W	L	P
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Celebration puts Cubans to the test

SANTIAGO, Cuba (AP)—Miguel Cabrera wasn't partying during carnival festivities in Santiago. He was waiting in a long line at a dingy market for the only thing on sale: potatoes and plantains.

He stayed for two hours, but it was lunchtime and the store was empty. Cabrera walked away with a closing shopping bag, wondering what—if anything—his family of five would eat that day.

"Forget it," he said. "I'll try again in the afternoon."

Another celebration Cabrera was planning to skip was Fidel Castro's speech Sunday night commemorating the 45th anniversary of the battle that started the Cuban Revolution.

"I don't have time for that. I have things to do at home," he said.

Forty-five years after the fight for the Moncada barracks, a daily economic struggle tests many Cubans' revolutionary spirit.

The gap between rich and poor has grown. While most people praise the federally provided health care and education, they also complain that their government salaries aren't enough to live on.

Most blame the three-decade U.S. embargo against this communist nation, but some are



A poster of Cuba's legendary revolutionary 'Che' Guevara, flanked by a photo of Pope John Paul II, adorns the wall of a government ration store in Santiago Saturday. President Fidel Castro is scheduled to speak Sunday in Santiago, marking the annual observance of July 26, 1953, considered by many the beginning of the Cuban Revolution.

beginning to blame the government as well.

Things have improved since the beginning of the decade, when the former Soviet bloc collapsed and Cuba plunged into a severe crisis. But for many Cubans, the economic improvement has been too little and too slow to make a difference in daily life.

"Some people still have hope for the revolution," Cabrera said. Asked about those who don't, he looked away.

Still, there are those who support Castro with heartfelt conviction.

"I love Fidel," said Luis Hidalgo Castillo, 52, a toothless retired construction worker drinking beer outside the Abel

Santi Maria apartment block. "I adore my revolution. I adore my government."

Added Vivian Perez, a 32-year-old clerk: "If it weren't for the blockade things would be much better. We have to help Fidel help us get out of this."

Cabrera, an industrial mechanic in Santiago, his wife and his mother-in-law earn a total of 23 pesos a month, or about \$20. That means he must rely on government stores, where food is cheap—when there is any.

On Saturday, potatoes sold at 40 centavos a pound, less than 2 cents. Plain meats were 30 centavos—just over a penny. Underneath the revolutionary posters posted on the wall, there was nothing else.

Down the block, the San Agustín store offered many more choices. There was cooking oil, blue jeans, canned ham, frozen chickens were frozen closely packed and television sets. But prices were in dollars.

Still, dozens of people crammed against the bars on the windows, waiting to get through the door in shifts, a way to limit the crowds. Some had relatives abroad who sent them dollars; others got tips from working at hotels or a salary from a restaurant occasionally as prostitutes, to earn U.S. currency.

Albright, who also met Sunday with the Philippine foreign minister, Dominador Siazon, planned one-on-one meetings Monday with the foreign ministers of China, Russia, Korea and India.

Obama's words on his economic plans were given closely because Southeast Asian nations look toward Japan, which has the world's second-largest economy, to pull the region out of its year-long crisis.

U.S. officials fear worsening of Japan's economic situation could aggravate the Asian crisis dramatically and increase its impact on the U.S. economy as well.



Serb police advance on the village of Dolac, Kosovo, Yugoslavia, about 40 miles southwest of Pristina, on the Pristina-Pec road Saturday. Serb forces attacked Albanian guerrillas along two highways Saturday in what military forces said was an attempt to clear major transport arteries and push the insurgents back into their rural strongholds.

Serbian police advance

PRISTINA, Yugoslavia (AP)—In some of the most intense fighting in months, Serb forces backed by tanks advanced Sunday on ethnic Albanian rebels, who resisted government efforts to clear key roads in rebellion.

Kosovo province.

Explosions and the rattle of automatic gunfire reverberated through the hills west of Pristina, the provincial capital, and smoke rose from red-roofed villages.

Both sides acknowledged casualties in the fighting, which has raged since Friday night along at least three frontlines.

No reliable, independent casualty figures were available. Nervous Serb police turned back reporters who tried to reach the fighting.

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No reliable, independent casualty figures were available. Nervous Serb police turned back reporters who tried to reach the fighting.

New leader promises to fix Japan's economy

MANILA, Philippines (AP)—Fresh from victory at home, Japan's incoming prime minister promised anxious neighbors and the United States on Sunday that his top priorities are lifting Japan out of recession and "making a contribution to Asia."

Keizo Obuchi told Secretary of State Madeleine Albright he will overcome his reputation for indecisiveness by following through on a campaign pledge and have enacted a package of a \$43 billion tax cut and \$71 billion in government spending, U.S. officials said.

Asia's financial crisis tops the

agenda for Monday's meeting of the states of the Association of Southeast Asian Nations with the United States and other countries. Another critical area of concern: last May's nuclear explosion by India and Pakistan.

Although Albright has been pressing Japan to do more, in Sunday's meeting Obuchi "laid out a fairly comprehensive agenda and said he was going to move on it very quickly," a senior administration official said, briefing reporters on condition of anonymity. "In a sense, it wasn't really necessary for her to give him a long laundry list."

Obuchi, currently Japan's foreign minister, was elected Friday to head the Liberal Democratic Party, all but assuring his succession to the prime minister's position next week. He spent much of Sunday touching base in Manila with leaders gathered for the annual meeting of an ASEAN regional forum.

Foreign ministers of the ASEAN nations—Philippines, Thailand, Malaysia, Indonesia, Brunei, Singapore, Vietnam, Laos and Myanmar, formerly Burma—held a festive dinner Sunday night with their outside colleagues.

Albright, who also met Sunday with the Philippine foreign minister, Dominador Siazon, planned one-on-one meetings Monday with the foreign ministers of China, Russia, Korea and India.

Obama's words on his economic plans were given closely because Southeast Asian nations look toward Japan, which has the world's second-largest economy, to pull the region out of its year-long crisis.

U.S. officials fear worsening of Japan's economic situation could aggravate the Asian crisis dramatically and increase its impact on the U.S. economy as well.

AT&T, Britain form global alliance

LONDON (AP)—British Telecommunications and AT&T announced a \$10 billion joint venture Sunday that would combine their international telephone operations and create a new Internet system.

The biggest British telephone company negotiated the deal with AT&T, the biggest U.S. carrier, after BT's agreement to purchase MCI for \$24 billion was outdone by a \$37 billion offer from WorldCom.

The companies said their Internet operation would be "unparalleled in capability and reach," facilitating international

electronic commerce and communications and serving as a host for Web sites.

The merging of our international assets to form this global venture will enable BT and AT&T to deliver in a unique and powerful way the seamless global services our multinational customers need and want," said AT&T's president, John D. Ziegler.

The deal requires approval from regulators in the United States, Britain and the European Union, but the companies predicted they could close on it within a year.

LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE LEGAL NOTICE

Official Twin Falls County Zoning Map

Hydrography

- Snake River
- Primary Creek
- Major Canal

Transportation Network

- State Highway
- Class 1 Road
- Class 2 Road
- Roadway

Zones

- Agricultural Reserve
- Residential - R
- Commercial - C
- Industrial - I

Overlays

- Outdoor Recreation
- Algebra Influence Area

Area of Impact

- City Area Of Impact
- Land Use Change
- City Area Of Impact

NOTICE OF PUBLIC HEARING

August 13, 1998 7:00 p.m.

NOTICE IS HEREBY GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission upon said request:

A CONDITIONAL USE LAND DIVISION by Gene L. Glenn on property consisting of 45 acres located in Section 32, Township 10 South, Range 17 East, B.M. Also known as being located 2900 East 3500 North, and addressed as 487 Highway 74, Twin Falls, Idaho in the Agricultural Zone. The intended use is to divide one acre for daughter's home site.

A CONDITIONAL USE LAND DIVISION by Dean and Debbie Alred on property consisting of 7.8 acres located in Section 3, Township 11 South, Range 13 East, B.M. Also known as being located two and one-half (2.5) west and one south from Castelford and addressed as 487 East 3500 North, Castelford, Idaho in the Agricultural Zone. The intended use is to divide one acre for a son's home site.

A CONDITIONAL USE by Rhonda Hammet, d/b/s Country Cottage, on property consisting of five (5) acres located in Section 28, Township 10 South, Range 18 East B.M. Also known as being located 2.5 miles south of County Crossing and addressed as 3832 North 2500 East, Twin Falls, Idaho in the Agricultural Zone. The intended use is to conduct the business of caring for the developmentally disabled and provide on-site housing for staff. There is an existing unit on the property, but an additional unit for the on-site housing is needed to provide quality care and service to the clients.

NOTICE IS FURTHER GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission at the hour of 7:00 p.m. on the 13th day of August, 1998 at the Twin Falls County Planning and Zoning Meeting Room, 246 3rd Avenue East, Twin Falls, Idaho upon said requests.

A complete description of each request is on file with the Office of the Zoning Administrator and available upon request. Any and all persons may register their comments, protests, or agreements on the subject being considered. Comments should be made in the Office of the Zoning Administrator, 246 3rd Avenue East, Twin Falls, Idaho, (208) 734-9430, in writing prior to the Public Hearing.

NOTICE OF INTENT TO ADOPT IS HEREBY GIVEN by the Planning and Zoning Commission, Twin Falls County, State of Idaho, that a Public Hearing will be held upon the following item: the Twin Falls County Ordinance. A Summary of said Ordinance is as follows:

AN ORDINANCE ESTABLISHING COMPREHENSIVE ZONING AND OVERLAY DISTRICT PLAN AND REGULATIONS FOR THE COUNTY OF TWIN FALLS, IDAHO, DIVIDING SAID COUNTY INTO DISTRICTS IN ACCORDANCE WITH THE COMPREHENSIVE PLAN PROVIDING FOR PLANNED UNIT DEVELOPMENT, AND RESTRICTING THE HEIGHT, THE NUMBER OF STORIES, AND SIZE OF BUILDINGS AND OTHER STRUCTURES, THE PERCENTAGE OF LOT COVERED BY OCCUPIED, THE SIZE OF YARDS, COURTS AND OTHER OPEN SPACES, THE DENSITY OF POPULATION, AND THE LOCATION AND THE DESIGN OF BUILDINGS, STRUCTURES AND LAND FOR TRADE, BUSINESS, RESIDENCES AND OTHER PURPOSES, PROVIDING FOR PLANNED UNIT DEVELOPMENT, AND DIVISIONS, SIGNS, EXCEPTIONS, MODIFICATIONS, INTERPRETATIONS, GENERAL PROVISIONS, ACCORDING TO PUBLIC STREETS, PARKS, AND RECREATION, AND PROVIDING FOR APPEALS, PROVIDING FOR PENALTIES FOR THE VIOLATION OF ITS PROVISIONS, PROVIDING FOR THE REPEALING OF ALL ORDINANCES AND PARTS OF ORDINANCES IN CONFLICT HEREWITH AND PROVIDING FOR AN EFFECTIVE DATE.

NOTICE IS FURTHER GIVEN that a Public Hearing will be held before the Twin Falls County Planning and Zoning Commission at the hour of 7:00 p.m. on the 13th day of August, 1998 at the Twin Falls County Planning and Zoning Meeting Room, 246 3rd Avenue East, Twin Falls, Idaho upon said requests.

A complete description of the proposed Ordinance is on file with the Office of the Zoning Administrator and available upon request. Any and all persons may appear at said hearing and register their comments, protests, or agreements on the subject being considered. Comments should be made in the Office of the Zoning Administrator, 246 3rd Avenue East, Twin Falls, Idaho, (208) 734-9430, in writing prior to the Public Hearing.

Dated this 20th day of July, 1998

ATTEST: Robert S. Fort, Clerk by Sharon L. Hester, deputy.

PUBLISHED: July 27, 1998

ADVERTISING NOTICE

TO WHOM IT MAY CONCERN:

On Monday the 13th day

(208) 734-9430, before said hearing. The public hearing on the Ordinance will immediately follow the regularly scheduled hearing, which will begin at 7:00 p.m. Comments by individuals and regarding the Ordinance will be limited to three (3) minutes. Comments made by individuals who represent a group, an agency, or entity regarding the Ordinance will be limited to five (5) minutes. Any group, agency or entity wishing to comment at the public hearing must register with the Zoning Administrator by Friday, August 7, 1998.

Dated this 20th day of July 1998.

/s/ Ken Szymura, Twin Falls County Planning and Zoning Commission ATTEST: Robert S. Fort, Clerk by Patricia A. Bolton, Chief Deputy Clerk.

PUBLISHED: July 27, 1998

NOTICE OF APPEAL HEARING

August 12, 1998 10:00 a.m.

NOTICE IS HEREBY GIVEN that an Appeal Hearing will be held before the Twin Falls County Board of County Commissioners upon said request:

A CONDITIONAL LAND DIVISION by Fred A. McCreary on property consisting of 19.187 acres located in Section 17, Township 11 South, Range 13 East, B.M. Also known as being located 1/4 mile West of Barger Township and addressed 2217 S. 3300 North, Twin Falls, Idaho in the Agricultural Zone. The intended use is to divide two acres off for a son's home site.

NOTICE IS FURTHER GIVEN that an Appeal Hearing will be held before the Board of County Commissioners at the hour of 10:00 a.m. on Wednesday, August 12, 1998 at the Twin Falls County Courthouse, 4th Floor/Commissioners Office, 425 Shoshone Street, Twin Falls, Idaho upon said request.

A complete description of each request is on file with the Office of the Zoning Administrator and available upon request. Any and all persons may register their comments, protests, or agreements on the subject being considered. Comments should be made in the Office of the Zoning Administrator, 246 3rd Avenue East, Twin Falls, Idaho, (208) 734-9430, in writing prior to the Appeal Hearing.

Dated this 20th day of July, 1998.

ATTEST: Robert S. Fort, Clerk by Sharon L. Hester, deputy.

PUBLISHED: July 27, 1998

ADVERTISING NOTICE

TO WHOM IT MAY CONCERN:

On Monday the 13th day

of August, 1998, Snake River Storage will sell the personal property belonging to JASON RICE, to a local auction company.

This sale is made to enforce a lien held by Snake River Storage for a Self Service Storage Facility.

For further information contact Snake River Storage at (208) 734-1400.

PUBLISHED: July 27, August 3, 1998

IN THE DISTRICT COURT OF THE FIFTH JUDICIAL DISTRICT OF THE STATE OF IDAHO, COUNTY OF TWIN FALLS

Sharon L. Bradley, Plaintiff, vs. Mitchell Bradley Fielder, Defendant.

A Petition by Deborah Rice for minor son, Mitchell Fielder born June 14, 1993 last residing at 382 Adams, Twin Falls, Idaho 83301 proposes a change in name to Mitchell Bradley Rice has been filed in the above cause and the Court has ordered a public hearing on the petition for the change in name be held. Would like child name to be the same as mother and her husband who are raising him. The name of the Plaintiff's Father is unknown; the name and address of Plaintiff's mother is: Deborah G. Rice, 382 Adams, Twin Falls, ID 83301. Such Petition will be heard at such time as the Court may appoint, and objections may be filed by any person who can, in such objections, show to the Court a good reason against such a change of name.

PUBLISHED: July 13, 20, 27 and August 3, 1998

Please check your ad for corrections on the first day that it runs, as The Times-News is not responsible for errors after that time.

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Fax 734-5538

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THE ACES ON BRIDGE

Bobby Wolff

"Customs are made for customary circumstances, and customary characters."

—John Stuart Mill

"When should I cover an honor with an honor?" is a reader. "It seems I can't get a clear answer from anyone I know."

The probable reason for the lack of clarity is that there is no simple answer that will cover all situations. In general, one should cover an honor when it might prove something for his side, or when the honor might fall "on air" on the next lead. Sit in West's chair and check today's example.

South ruffs the third club and leads the diamond jack. Should West cover to ensure a diamond trump and repeats the course, South helps declarer instead. South wins in dummy, draws trumps, and the spade ace to 10 winners. So West shouldn't cover. Why?

South's bidding marks him with five diamonds, so whether West covers or not, his diamond suit won't disappear. What is South's concern? When West doesn't cover? In today's layout, he cannot expect. If he draws two rounds of trumps and repeats the course, East ruffs and returns a club, giving South a useless ruff and ruff. West still gets his diamond trick, and the game goes one down.

It won't help South to draw all of East's trumps. This eliminates the diamond ruff by East, but when dummy's diamond ace wins the third lead of the suit (without a cover by West), South must cash dummy's spade ace and ruff a spade to return to his hand, using his last trump. And when he does, West gets his diamond winner and a black-suit winner for one down.

NORTH 67-37-A
 ♠ A Q 7 3
 ♥ 8 5 3
 ♦ A 5 4
 ♣ K 6 2

EAST K-10-B-5-4
 ♠ 9 8 5 3
 ♥ 7 6 5 4
 ♦ Q J 7 2
 ♣ A 8 7 3

SOUTH 3
 ♠ A K Q 10 9
 ♥ 10 9 8 6 5
 ♦ 5 4

Vulnerable: Both
 Dealer: North

The bidding:
 North East South West
 1♣ Pass 1♥ Pass
 2♥ Pass 2♠ Pass
 3♥ Pass 3♠ Pass
 4♥ Pass 4♠ Pass

Opening lead: Club queen

LEAD WITH THE ACES

South holds:

♠ K 10 8 5 4
 ♥ J 7 6 3 2

East South West North
 1♥ Pass 1♠ Pass
 2♥ Pass 2♠ Pass
 3♥ Pass 3♠ Pass

ANSWER: Spade king. This is the suit most likely to produce defensive tricks. West's holding should not be robust.

Send bridge questions to The Aces, P.O. Box 1230, Tulsa, OK 74101. Send \$2.00 for reply.

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